

Preoperative Instructions for Surgery under General Anesthesia or Intra-Venous Sedation

PLEASE FOLLOW THESE INSTRUCTIONS EXACTLY.
THEY ARE FOR YOUR BENEFIT.
FAILURE TO DO SO COULD RESULT IN CANCELLATION OF YOUR SURGERY

1. Oral intake.

Do not eat or drink anything (including water, hard candy or chewing gum) after midnight before your surgery regardless of what time the procedure is scheduled.

2. Medications, herbal supplements, vitamins and alcohol.

Heart and blood pressure medications should be taken with a small sip of water on the morning of surgery. If you are diabetic you will be given special instructions. Avoid aspirin and aspirin-containing products for two weeks before and after surgery. Remember, many herbal supplements also adversely affect the clotting process and actively cause bruising and bleeding. These should be discontinued two weeks before and only resumed two weeks after surgery. Avoid alcohol the day before surgery. Dr. Boyd does not recommend taking mega doses of vitamins in excess of the normal daily requirement (which is more than adequately met by a normal balanced diet). Please discontinue this form of medication for two weeks before and after surgery unless you are being treated for a specific deficiency. One multivitamin tablet per day is permissible, however.

3. Smoking.

It is vital that you do not smoke for at least two weeks before and after surgery to avoid respiratory and wound healing complications.

4. Recent illness.

Please report any sign of a cold, flu, fever, infections, boils or any illness that occurs within 14 days of your surgery date.

5. Getting home and postoperative supervision.

It is extremely hazardous to drive after general anesthesia or intravenous sedation. Please arrange for a responsible adult to drive you home and stay with you for at least 24 hours.

6. Overnight Stay.

If you are scheduled to be admitted to the hospital or a convalescent facility after surgery, bring an overnight bag with sleepwear. You may call the office (310) 295-2287 with questions regarding visiting hours.