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## General Pre-Operative Instructions

- Prior to Surgery
- Get plenty of rest
- Eat a balanced diet
- Avoid Aspirin or Aspirin containing products for two weeks

Do not eat or drink after midnight the night before unless otherwise advised

Normally the several days before surgery you will be seen in the office for a physical exam. You should bring any necessary forms or documents and ***all current medications*** that you are taking with you to this appointment. Following that, you may have to go to the lab or hospital for pre-admission and lab work and a blood sample may be needed. After all tests are complete, you may go home until your admission the following day.

You will need to start fasting, usually from midnight before the procedure. This fast includes avoidance of drinking water. You may be instructed to take your daily medication with a sip of water early in the morning. Arrive at the admission desk and they will direct you where to go. Shortly after you are in your room, you may be given an injection to relax you. An intravenous line will also be started should further sedation be necessary. Your doctor should have discussed with you whether you will have a local or general anesthesia, which will be administered by the anesthesiologist.

You will be seen in the office within the first two weeks. If any problems arise, consult your post-operative instructions or call the office at 510 465-0941.