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Preoperative Instructions

Please review these instructions preoperatively, which are intended to prepare you for surgery.

If you will be receiving IV sedation or general anesthesia do not eat or drink anything after midnight the night before surgery. This also includes no breath mints or gum. You may take your regular morning prescribed medications and/or hypertension medications with a sip of water before 7 am.

An E.K.G. is required for men over age 40 and women over age 50. For all patients having an abdominoplasty or breast reduction surgery a C.B.C with electrolytes and chem. profile is also required. Please make sure we receive the results before your date of surgery.

Make sure that you arrange a ride home after surgery with someone you know who is over the age of 21, preferably the person taking care of you postoperatively. Your nurse will go over postoperative instructions with that person. You should also plan to have someone check in on you, or stay with you for the first 24 hours after surgery.

Wear comfortable clothes and flat shoes and leave all valuables at home. Bring a photo ID with you on the day of surgery. Do not smoke or drink alcohol the day before your surgery.

It is also important to remember to **stop all aspirin products**, including aspirin, Motrin, Advil or any other anti-inflammatory drugs for a minimum of two weeks prior to surgery. Large doses of Vitamin A and Vitamin E should also be stopped one week to 10 days prior to surgery. Also stop taking any herbal type remedies as they may also act as anticoagulants.

Before surgery start a high fiber diet. Try prunes, juices, apple, fruit salad, and Metamucil daily. After surgery continue the high fiber diet. Add 1 ounce of mineral oil daily in the morning and chase with 8 ounces of juice. Stay well hydrated.

The Surgery Center of Potomac will call you the day prior to your surgery concerning your arrival time. The surgery center phone number is 240-747-5650.

If you are delayed, there will be an excellent chance that your surgery will be canceled. If your surgery is canceled because of your tardiness, this may result in forfeiture of your deposit, as all of the staff present to help with your surgery still must be paid.

Please call Dr. Barry Cohen's office if you have any questions 301-656-6398. It is your responsibility to schedule your postoperative visits. When you come in for your postoperative visits you will be seen by Dr. Cohen and /or the physician assistant.