

PRE-OP CHECKLIST – IN OFFICE PROCEDURE

2 WEEKS BEFORE YOUR PROCEDURE

- STOP TAKING VITAMINS AND SUPPLEMENTS - SEE LIST
- STOP TAKING ANY BLOOD THINNING MEDICATIONS –
SEE LIST
- STOP SMOKING FOR AT LEAST TWO WEEKS BEFORE SURGERY
- PICK UP YOUR PRESCRIPTIONS
- PURCHASE ANY FOLLOWING NON-PRESCRIPTION ITEMS AS PER
YOUR POST-OP INSTRUCTIONS, IE GAUZE, QTIPS, HYDROGEN
PEROXIDE
- If NEEDED, ANY EYE CLEARANCE
- ARRANGE FOR SOMEONE TO STAY WITH YOU FOR THE FIRST 24
HOURS AFTER SURGERY
- CONFIRM YOUR RIDE FROM THE OFFICE

1 WEEK BEFORE YOUR SURGERY

- REQUEST RETURN TO WORK / SCHOOL FORM IF NEEDED
- ENSURE ALL BALANCES FOR THE HOSPITAL AND ANESTHESIA
ARE PAID IN FULL PRIOR TO YOUR SURGERY

THE MORNING OF YOUR SURGERY

- BRING YOUR PRESCRIPTIONS WITH YOU
YOU WILL TAKE THE VALIUM AND NORCO UPON ARRIVAL
- RELAX!