

Before your surgery...

1. ***"Stay away from everything other than Tylenol (acetaminophen)"***... If you remember this simple rule you will avoid many of the nonprescription strength and over-the-counter medicines that may make you bleed and bruise more during and after surgery. Please abstain from all aspirin containing products and anti-inflammatory drugs for at least two weeks prior to your surgery. Feel free to ask about any specifics that you may have.

2. **Nutrition...**Having a good nutritional status is vital for your upcoming surgery. Your nutrition directly affects your ability to heal and influences your recovery period.
 - **Follow a well-balanced diet.** Oftentimes people may have an adequate calorie intake but are still not consuming enough protein. Dr. Nowicky strongly believes in protein supplementation as a means to fulfill these requirements and suggests that you visit your local nutritional or supplement store. There are many options to choose from and various shakes and smoothies can be made to incorporate into your diet.

 - **Take an over-the-counter multivitamin.** This will help with any underlying vitamin or mineral deficiencies that may be present. Choose a daily multivitamin from a reputable manufacturer and a recognized brand name. Stay away from taking additional individual supplements and megadose vitamins. Consuming too much of a product may predispose you to bleeding abnormalities and/or interfere with your anesthesia. Resist the urge to "double up" on supplements.

 - **Herbal supplements.** Stay away from all herbal and holistic medications unless prescribed by Dr. Nowicky. Some of these OTC products have been shown to interfere with bleeding and can adversely interact with anesthesia. Although some may have beneficial effects please abstain from taking them prior to your surgery for at least two to four weeks.

 - **Don't "double up" on meals.** Many people feel that because they have surgery that they should "squeeze in a few more meals". This usually translates into very large and heavy meals right before their surgery date. The problem is that after surgery your digestive system normally slows down. It is not uncommon to find yourself constipated and bloated and feeling irregular. If you try and double up on meals you may find yourself feeling even more uncomfortable and bloated than would be expected.

3. **Rest...**Get plenty of rest before your procedure. This may become more difficult the closer you get to your surgery date but do your best to be as rested as you can for your upcoming surgery.

4. **Smoking...** Abstain from all types of smoking exposure. All forms of smoking, including first and second-hand smoke, are detrimental to wound healing and may prolong your recovery. Exposure to smoking may result in devastating consequences and affect your ultimate outcome. Dr. Nowicky demands that you be completely smoke-free (including first and second hand smoke) for a minimum of four weeks prior to your procedure and for at least six to eight weeks afterwards. If you are unable or unwilling to do so, we may not proceed with your surgery.

5. **Medications...** Get your prescriptions filled prior to surgery and bring them with you. You can leave them with a family member or one of the office staff. Take any medicines that you need before surgery as directed. Bring any personal medicines that you may need such as inhalers or specific drugs.

6. **Transportation...** Arrange for someone to drive you to surgery and also to home afterwards. You will not be able to drive yourself home. You will also need someone to be with you that first night and possibly even longer than that. Make these arrangements before your surgery date.

7. **Day of surgery...** On the day of your surgery please arrive one to two hours before your scheduled surgery time or as directed by the staff. Please dress in *loose and comfortable* clothing. Buttoned-down tops are preferred to zippers. Loose fitting sweatpants and gym apparel are easier to take on and off and are preferred to tighter fitting clothes. Bring any items such as garments or other materials that were prescribed or ordered for you. ***Do not bring any jewelry or other valuables that you will not need.***

8. **Contact Dr. Nowicky...** Feel free to contact Dr. Nowicky personally if you have any questions or concerns before your surgery. You can call him directly at **980-254-8405**. He is willing and able to answer all of your questions and wishes this to be a very pleasant experience for you.