

KAROL GUTOWSKI, MD & ANDREA MARTIN, MD

INSTRUCTIONS for PROCEDURES DONE AWAKE with LOCAL ANESTHETIC

It is important that you read and follow these instructions before your surgery. Not following these instructions may result in serious complications or the cancellation of your procedure.

Four weeks before

- If there is an insurance component to your surgery, confirm that your insurance company has “prior authorized” your procedure.
- If you are on any type of blood thinner (warfarin, coumadin, aspirin, etc) due to a medical condition or stent, you must let us know before scheduling surgery.
- Stop using tobacco or nicotine products 6 weeks before your surgery. This includes cigarettes, cigars, chewing tobacco, snuff, electronic cigarettes, gum, patches, etc. Do NOT restart for at least 6 weeks after your procedure. If you have trouble stopping, let your surgeon know so we can help you find a tobacco cessation program. If you do use any of these products in the 6 weeks before surgery, tell your surgeon immediately as your procedure may need to be postponed for your safety.
- Unless you have a nutritional disorder or are instructed otherwise, eat a regular balanced diet with proper protein intake. There is no need for a special diet before surgery.
- Read the following documents. If you do not have them, they are available on our website.
 - Consent for Treatment
 - Aftercare Instructions
 - Medications to Avoid before Procedures
 - Pain Medications
 - Any other documents given to you

Two weeks before

- Do NOT take any aspirin (or aspirin containing products) or any blood thinner unless approved by your surgeon.
- Do NOT take any medication on the List of Medications to Avoid before Surgery
- Unless otherwise told by your surgeon, stop all vitamins, nutritional supplements, herbal and homeopathic medications until 2 weeks after your surgery.

One week before

- Fill your prescriptions at your pharmacy; do NOT wait until the day of surgery.
- Set up someone to drive you to and from the surgery center as you may NOT be allowed to drive yourself. Ask your surgeon about this.
- Set up for someone to be with you at home the first night after surgery.

The night before

- Take a shower or bath with soap, then wash the surgical area, underarm area and groin with soap.
- Remove any nail polish and jewelry or body piercings.
- Make a list of all current medications and bring them with you to the surgery center.
- Check with your surgeon before taking any medications.

The morning of surgery

- Take a shower or bath with soap and then wash the surgical area, underarm area and groin with soap. Do NOT apply any lotions or creams on your skin.
- Wear loose and comfortable clothes that are easy to take on and off and that buttons or zips up the front
- You may have a light meal the morning of your procedure and up to 2 hours before the start of your procedure. Unless told otherwise, do not drink anything 1 hour before your procedure.
- If instructed to do so, you may take your medications if needed with a sip of water.
- Do NOT wear any jewelry or body piercings.
- Bring your list of medications.

DAY OF SURGERY

- You will meet with your surgeon, any surgical assistants, and the operating room team. They may ask you some of the same questions you have been asked before. Please bring your medication list with you. Remind everyone if you are allergic to any medications or other products.
- Your surgeon will mark the site of surgery with a marker and the surgery team will confirm the site of surgery.
- Do NOT bring any valuables to the surgery center.