



MINNESOTA
OPHTHALMIC
PLASTIC SURGERY SPECIALISTS

Five things you must do prior to surgery

1. Get a pre-operative physical from your primary doctor. You must do this within 30 days prior to your surgery date. Your primary doctor must fax the results to the hospital, not to our office. If the hospital does not receive your physical results prior to surgery, your surgery will be cancelled.

2. Call your insurance company. Alert your insurance company that you will be having surgery. Verify your coverage and any deductible and/or co-pays. Remember: our office will bill you for surgical services, **and** you will be billed by the hospital and the anesthesiologists separately. Our office can provide billing codes.

3. Study the list of medications that are blood thinners. If you take any of these medications or supplements you must stop two weeks prior to your surgery and one week after. If you take an anticoagulant from the list you **MUST** consult with the physician that prescribed it before stopping.

4. Arrange a ride home from the hospital and for someone to spend the night with you. A van or taxi is **not** acceptable. If you arrive at the hospital without a proper ride home and overnight care you will not be allowed to have surgery.

5. Follow instructions on eating and drinking before surgery. You **must not** eat any solid food after midnight. You are allowed clear liquids up to 4 hours prior: examples are: water, apple juice, black coffee, chicken broth, and hard candies. Take all prescribed medications the morning of surgery with small sip of water. Failure to comply with these instructions will cause your surgery to be cancelled.

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Anticoagulants, medications prescribed specifically to thin blood:

Coumadin, Warfarin, Jantoven, Xarelto, Elaquis, Pradaxa, Plavix, Effient and Brilinta

If you are taking any of the above you must ask the prescribing physician how long you can safely be off the drug before surgery. You must remember to resume prescription after surgery. If you are unable to stop please notify our office.

Medicines that cause bleeding

Pain Medications:

Do not take any of the following medications for at least 2 weeks prior to surgery and 1 week after surgery.

Aspirin, (baby aspirin and full dose aspirin).

Ibuprofen:

Advil

Nuprin

Alive

Mortin

Naproxen

Naprasyn

Excedrin

It is permissible to take Tylenol (acetaminophen).

Vitamins, Herbs, Diet pills:

If you are taking a "Full Pill" of Gingko, Ginseng, Garlic, Fish Oil, or Vitamin E, do not use them for 2 weeks before and 1 week after.

If you are unsure if any medication that you are taking should be discontinued before your procedure, please consult with your physician or pharmacist.

Medications, which may cause bleeding

Many common medications including prescription drugs and over the counter medicines are strong anticoagulants and may cause bleeding problems in normal individuals undergoing surgery. Please review the following list to see if you are taking any of these medications, which need to be discontinued 14 days before your surgical procedure and 7 days after.

This is not an all-inclusive list. If you are unsure if you are taking an aspirin product or an anti-inflammatory, please ask your doctor, nurse or pharmacist.

Advil	Doan's (Regular and Extra Strength)	Naprelan
Aleve	Dolobid	Naprosyn
		Naprosyn Pepto Bismal (tablets or liquid)
Alka Seltzer	Dristan	Naproxen
Alcohol	Duradyne Tablets	Norgesic forte
Anacin	Easprin	Orudis
Anaprox	Ecotrin	Oruvail
Ansaïd	Empirin	Oxaprozin
Arthrotec	Enbrel	Percodan
Aspirin	Equagesic Tablets	Persantine
APC	Etodolac	Piroxicam
BC Tablets or Powder	Excedrin	Plavix (Warfarin)
BC Cold Powder	Feldene	Quagesic
Brufen	Florinal	Relafen
Bufferin	Flurbiprofen Sodium	Robaxisal
Cama Arthritis Pain Reliever	4 Way Cold Tablets	Rufen
Cataflam	Goody's Headache (tablets or powder)	Sine Aid
Celebrex	Ibuprofen	Soma Compound
Cephalgesics	Indomethacin	Sulindac
Clinoril	Indocin	Trandate
Cogesprin	Ketoprofen	Trental
Coricidin	Lodine	Trilisate
Coumadin	Meclomen	Vanquish
Darvon	Medipren	Vitamin E
Darvon with Aspirin	Meloxicam	Voltaren
Daypro	Midol 200	Wesprin
Diclofenac	Midol PMS caplets	Zavtrin
Diflunisal	Mobic	Zoprin
Disalcid - (tablets or capsules)	Motrin	Herbal Supplements
	Nabumeton	