

Dr. Hendrick's

**Standard Preop Instructions**

YOU HAVE BEEN SCHEDULED FOR \_\_\_\_\_  
(proposed surgical procedures)

YOUR DATE OF SURGERY IS \_\_\_\_\_ at \_\_\_\_\_  
(The time for your surgery is an estimate only and is subject to change)

Within one to two weeks of surgery most patients will need to be seen for a "preop appointment" with Dr. Hendrick. Please call 785-823-7225 or 1-800-331-3238 to make this appointment for a time which is convenient for you. This appointment usually takes about 30 minutes and is necessary to undergo a brief physical exam prior to anesthesia, to have any necessary lab work or x-rays done and to complete some required forms. During this time your surgery will be discussed in greater detail with you and you will have the opportunity to ask Dr. Hendrick any questions you might have.

**Extremely important!! Do NOT take aspirin, anti-inflammatory medications such as ibuprofen (AKA Motrin, Advil, Nuprin, etc.), vitamin E, ginkgo biloba, garlic, ginger or any other herbal or homeopathic medicines for TWO WEEKS prior to surgery.** These medications interfere with blood clotting and can increase the chance for significant postoperative bleeding or bruising! If you must take medication for headaches or joint pain, take Tylenol. Tylenol does not interfere with blood clotting and is safe to take if needed.

If you are undergoing nasal surgery and have used decongestant nasal sprays such as Afrin or Neo-Synephrine with any regularity, it is EXTREMELY IMPORTANT that you refrain from using these sprays COMPLETELY for TWO WEEKS prior to surgery. Regular use of such sprays makes the nose abnormally vascular, and therefore the risk for postoperative nosebleeds is very high!

Patients who smoke should stop smoking for at least TWO WEEKS (and preferably four weeks) before *and* after surgery. Smoking is very detrimental to wound healing and can increase your risk for postoperative complications.

No alcoholic beverages for two days prior to surgery.

Your surgery time is subject to change. **Please call my office at 785-823-7225 or 1-800-331-3238 on the afternoon before surgery and speak with my nurse to confirm the start time for your surgery.**

The night before surgery *and* the morning of surgery, you should wash your face and neck thoroughly with antibacterial soap such as pHisoHex or pHisoDerm (available at drugstores). If any incisions are to be done inside your hairline, you should also include your hair with this cleaning regimen. Do not apply anything to the eyes, face or hair after this cleansing (eyeliner, makeup, perfume, after-shave, hair conditioner, etc.). Leave contact lenses out of eyes if eyelid surgery is planned.

Adult patients only: To minimize nausea after general anesthesia, you should take an antacid medication called “Zantac” the night before surgery and the morning of surgery. Zantac is available over the counter in 75 mg tablets. Take two tablets the night before surgery and two tablets the morning of surgery with a small sip of water.

**Don’t eat or drink anything else after midnight the night before surgery** (including chewing gum or breath mints). The only exceptions to this rule are as follows: Small children can have fluids up to **four hours** before surgery. Adults scheduled for a late afternoon start time may have food or fluids up to **eight hours** prior to surgery. If you have important medications (such as heart or blood pressure medications or the Zantac above) which must be taken the day of surgery, take these with a small sip of water only.

On the day of surgery, please remove all jewelry and wear a shirt which buttons up the front and pants which are elastic waisted, such as jogging pants. Wear comfortable shoes with a warm pair of socks.

You should plan to arrive at admissions at the hospital or surgical center no later than one hour before your surgery start time. After checking in at admissions, you will be sent to the preop holding area.

Patients not staying overnight will need to arrange for someone to drive them home after surgery. It is also imperative that you not be alone the first 24 hours after your surgery.

If you should develop an upper respiratory infection within a week of surgery, please let us know promptly so that we may treat your condition appropriately.

If you find that you need to postpone your surgery for any reason, let us know immediately so that we may fill the vacancy in our surgery schedule and reschedule your surgery.

Should any questions arise which cannot be answered at your preop appointment or the day of surgery, please call our office at 785-823-7225 or 1-800-331-3238.

Thank you,

David A. Hendrick, M.D.