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WESTCHESTER

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GREENWICH

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GREENWICH, CONNECTICUT 06831
(203) 661-5858

DARIEN

6 THORNDAL CIRCLE, FIRST FLOOR
DARIEN, CONNECTICUT 06820
(475) 328-8500

WESTPORT

1 MORNINGSID DRIVE, NORTH
WESTPORT, CT 06880
(203) 997-0737

PRE-OPERATIVE INSTRUCTIONS

The WEEK BEFORE Surgery:

- **STOP** taking:
ASPIRIN PRODUCTS, Motrin/Advil (Ibuprofen) or related non-steroidal anti-inflammatory drugs
VITAMINS, HERBAL and HOMEOPATHIC SUPPLEMENTS.
- If you have been prescribed Coumadin or Warfarin or any other type of blood thinner (i.e. Eliquis, Plavix or Aspirin) prescribed by a doctor, call the doctor who prescribed them. Ask if it is ok to STOP taking them in light of your impending surgery. While generally beneficial to stop taking these 4-5 days prior to surgery, in certain cases it is not advisable. If your doctor does NOT allow you to discontinue taking these, please contact our office (203) 661-5858 or (914)253-9088.

The DAY OF Surgery:

- Patients that require the use of additional anesthetics are not permitted to eat or drink 3-6 hours prior to surgery. If you anticipate the use of **IV sedation- NOTHING** to eat or drink for **6 HOURS** prior to the procedure. If you anticipate the use of **Nitrous Oxide** (Laughing Gas) **-NOTHING** to eat or drink for **3 HOURS** prior to procedure. Do not eat or drink **ANYTHING**. This includes water, coffee, chewing gum, hard candy. Following these instructions will help prevent nausea, vomiting and aspiration (breathing in of stomach contents) during surgery. Your surgery may be cancelled or postponed if these guidelines are not followed.
- **YOU MAY TAKE** (with sips of water only):
Heart medication, blood pressure medication, & anti-seizure medication etc.
- If you have accidentally taken any medication, supplements, or eaten food that you should not have, please contact our office immediately (203) 661-5858 or (914)253-9088.
- ***Please Note: If you are having IV sedation you will need a ride to and from the surgical facility. We require that a responsible adult accompany you home and stay with you the first 24 hours after surgery. You will not be released if you are being picked up by a third party (taxicab, Uber, etc.). Please make the appropriate arrangements.***
- NO NAIL POLISH
- LOOSE FITTING TOPS/ CLOTHING
- NO FLIP FLOPS OR OPEN-TOED SHOES

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