

No Aspirin, Ibuprofen, or Anti-Inflammatories for at least 1 week prior to surgery.
These include: Advil, Aleve, Excedrin, Celebrex, Mobic, etc.

Stop Coumadin 5 days prior to surgery, or as directed by physician.

Stop Plavix 7 days prior to surgery.

Discontinue all herbals and supplements at least 1 week before surgery. You may take a multi-vitamin if that is part of your daily regimen.

Nothing to eat or drink after midnight prior to surgery except for sips of water with allowed medications. No mints/gum/candy the day of surgery.

Remove ALL jewelry, including all body piercings. Rings are especially important to remove as swelling can occur in the extremities after surgery. If the swelling should become severe, rings may need to be cut for removal.

If possible REMOVE ALL NAIL TIPS (these are a source of bacteria) and/or any nail polish.

Do not apply perfume/cologne, after-shave, make-up, lotions, etc. the day of surgery.
Deodorant is allowed (roll-on or stick - no sprays)

Bring a list of your medications with you (include the name, dosage and frequency of the medications) and inform the nurse of any allergies you may have.

If you smoke, it is very important that you quit right away, especially if you are having a fusion procedure of any kind. It has been proven that nicotine affects the healing/fusion process. You may not use a nicotine patch or gum as these also contain nicotine and have the same effect. If you feel you need help to quit, please discuss with your primary care physician some medications - such as Zyban, Wellbutrin or Chantix - that may help.