



## Dr. Labovitch's PRE-OPERATIVE instructions

### 1. The week before surgery:

➤ Stop all non-steroidal (NSAIDS: Ibuprofen, Advil, Motrin etc...) pain medications including aspirin (unless told not to do so by your primary doctor)

- Tylenol is OK to use prior to surgery

➤ Please alert Dr. Labovitch's office if you have any of the following symptoms prior to surgery (surgery may have to be delayed until the illness or symptoms have resolved and/or evaluated by your primary care physician)

- Chest pain
- Shortness of breath
- Light headedness
- Blurred vision
- Headaches
- Nausea and vomiting
- Burning on urination
- Skin infections, abscess, cellulitis, or LACERATIONS IN THE SKIN ANYWHERE
- Dental abscess or recent dental work completed
- New onset loss of sensation or motor strength loss in any of your arms or legs
- Constant abdominal pain
- Blood in your urine or stool
- Fevers or chills
- Productive cough or upper respiratory tract infection (cold or flu like symptoms)

### 2. Nutrition and Sleep:

➤ It is very important to have a well-balanced diet before and after surgery. This will help promote proper wound healing and decrease the chance for complications.

➤ **DO NOT DRINK ALCOHOL WHILE ON NARCOTIC PAIN MEDICATION.** Please limit your intake of alcohol before and after surgery. This will help with proper wound healing and decrease the chance for complications.

➤ **DO NOT SMOKE TOBACCO OR ANY OTHER INHALED SUBSTANCES AS THIS IS A KNOWN RISK FACTOR FOR COMPLICATIONS (ESPECIALLY WOUND COMPLICATIONS, INFECTION, AND DECREASED BONE HEALING)**

➤ Adequate **sleep** is important. This will help promote proper wound healing and decrease the chance for complications.

**3. The day before surgery:**

➤ **Do not eat or drink anything after midnight (including gum), unless the surgery center tells you otherwise. Times may vary depending on surgery times. The surgery center will call you the day before your surgery.** (Questions regarding surgery times please call Newport Center Surgical – ph.# 949-706-6300)

➤ **Proper hygiene is important:**

- Make sure to bathe regularly. Please shower and clean the area with soap and water prior to arrival at the surgery center.
- **Do not shave** the extremity being operated on for 48 hours prior to surgery

➤ **Pain Medication:**

- You will be Rx pain medication at your pre-op visit. **IMPORTANT:** Percocet has Tylenol within the medicine. You may take Percocet OR Tylenol for pain. **Do NOT take together**). Please fill prior to your surgery.
- NSAIDs (such as Advil, Motrin, Ibuprofen) may be taken 24 hours after surgery and can be taken with the prescribed pain medication OR Tylenol.
- If you are under 65 years of age, you may be prescribed Vistaril to help with nausea, redness, itchiness, and/or uncontrolled pain.
- **CONSTIPATION:** Narcotic pain medication can cause constipation. You may use a stool softener (Colace or Dulcolax). Both are sold over-the-counter

**4. Pre-operative check list:**

➤ \_\_\_\_ If you are **53 years old or older**: Did you obtain your **EKG and Labs?**

➤ **Write down any questions you may have. You will have a chance to discuss these questions with Dr. Labovitch prior to surgery**

**5. Dental Work**

➤ No dental work for 6 weeks after the date of surgery unless it is an emergency (this includes cleanings). Please reschedule any appointments if they are scheduled during this time. If you have any questions regarding dental work, please feel free to contact my office.

**6. Phone numbers and Website:**

➤ If you have any questions or need to cancel surgery for any reason, please call the phone numbers below

➤ **949-520-1012** (during normal business hours and afterhours)

➤ **Please visit [www.ryanslabovitchmd.com](http://www.ryanslabovitchmd.com)** for additional information, pre and post instructions.

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Date of Birth