

Aswad Surgical Group

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PRE-PROCEDURE INSTRUCTIONS

Procedure Date: _____ Arrival Time: _____ CHS-L: _____ CHS-East Lincoln: _____
Pre-op appointment: _____ Arrival Time: _____
Post-op appointment: _____ Arrival Time: _____

PLANNING FOR YOUR PROCEDURE:

1. Review all instructions and call the office if you have any questions 704-735-0511.
2. Arrange for time off work for the procedure and post-procedure.
3. Schedule a ride. You will not be able to drive home after the procedure.
4. **Nothing to eat or drink after midnight.**
5. You may brush your teeth the morning of the exam.

_____ If you are on **Aspirin** products, Vitamins, Herbal supplements, or Iron STOP 7 days before your procedure.

_____ If you are on **Plavix** STOP 7 days before your procedure unless directed otherwise.

_____ If you are on a blood thinner, such as **Coumadin, Eliquis, Xarelto, Pradaxa**, then STOP 3 days before unless directed otherwise.

_____ **TAKE** Blood Pressure or Heart medications with a sip of water the morning of the exam.

_____ **HOLD** any Diabetes and blood sugar medicines the morning of the procedure.

_____ Shower with Hibiclens Soap the night before your surgery and the morning of your surgery.
Only use the soap from the NECK DOWN. Do not apply lotions, deodorants, powders, perfumes, or moisturizers.

WHAT TO EXPECT THE DAY OF YOUR PROCEDURE

- ✓ Arrive 1-2 hours before your procedure to get ready.
- ✓ Anesthesia will see you the morning of your procedure if you did not receive a pre-op appointment.
- ✓ An IV will be placed for sedation. Your heart, blood pressure and breathing will be monitored.
- ✓ The procedure time will vary depending on the type of procedure you are having.
- ✓ You will then go to recovery until you wake from sedation.
- ✓ Plan to rest the remainder of the day. Time out of work varies with procedure.
- ✓ You will typically be able to eat following your procedure.
- ✓ Your follow-up should already be scheduled, but if it is not then please call the office for a follow-up appointment.
- ✓ **FIGURING THE COSTS:** Your portion of the cost varies greatly depending on your insurance plan, deductible, etc. We encourage you to contact your insurance carrier to review your coverage so there are no surprises when you receive your bills.