

# Dr. Gustav Fischer

## Before Surgery Instructions



### Before Surgery

1. STOP aspirin 7 days before surgery
2. STOP blood thinners:
  - Coumadin - 5 days before surgery
  - Plavix - 5 days before surgery
  - Eliquis, Pradaxa, Xarelto - 3 days before surgery
3. STOP SGLT2s (Jardiance, Farxiga, Invokana) 3 days before surgery.
4. STOP GLP-1RAs (Ozempic, Wegovy, Mounjaro, etc.) 1 week before surgery
5. STOP NSAIDs (e.g. advil, aleve, celebrex, mobic) 7 days before surgery
6. STOP shaving or waxing legs 7 days before surgery
7. STOP ACE inhibitors and ARBs the day before surgery
8. STOP herbal supplements 7 days before surgery
9. Continue Beta blockers the morning of surgery with a small sip of water
10. Drink plenty of water the day before surgery
11. Nothing to eat or drink after midnight
12. If you do not have a walker, arrange for one prior to surgery

### Day of Surgery

1. Bring photo ID, insurance card and glasses if needed for filling out paperwork
2. NO jewelry, eye make-up, or contact lenses
3. Please wear loose, comfortable clothing
4. Plan to have transportation and 24 hour care after discharge
5. Bring your walker with you to surgery

### After Surgery Medications

*Prescribed medications below should be filled prior to surgery and only taken after surgery*

- Naproxen 250mg twice daily for 14 days      ☐ Naproxen 500mg twice daily for 14 days
- Tylenol 1000 mg every 6 hours for 14 days
  - Aspirin 81 mg twice daily for 42 days
  - Eliquis 2.5 mg twice daily for 7 days, then resume 5 mg twice daily
  - Tranexamic Acid (TXA) 1950 mg daily with breakfast for 3 days
  - Zofran 4 mg 1 tablet every 6 as needed for nausea
  - Tramadol 50mg 1-2 tablets every 6 hours as needed for pain
  - Oxycodone 5mg 1-2 tablets every 4 hours as needed for pain
  - Oxycodone 5mg 1-3 tablets every 3 hours as needed for pain
  - Dilaudid 2mg 1-3 tablets every 3 hours as needed for pain
  - Cefdinir 300 mg twice daily for 7 days      ☐ Doxycycline 100mg twice daily for 7 days

- Cephalexin 1000 mg once, 4 hours after leaving surgery center