

Pre-Surgical Instructions

One Week Prior to Surgery:

- Avoid taking any aspirin (Aspirin 325mg) or aspirin products, including Ibuprofen, **unless your physician advises you to take aspirin daily.**
- Tylenol is an acceptable alternative to Advil or Motrin (Ibuprofen) products. The active ingredient in **Tylenol** is acetaminophen which doesn't interfere with the blood's ability to clot normally.
- Medications that are taken under the supervision of your physician may be continued, including Aspirin 81mg, if necessary.
- **Discontinue Smoking** for as many days prior to your scheduled surgical time as possible. Smoking will slow the healing process and increases the risk of post-surgical infection.

Four Days Prior to Surgery:

- **If you are taking the blood thinner Warfarin (Coumadin) you will most likely need to discontinue taking this medication 3 full days prior to your appointment but only under the recommendation/supervision of your physician (will depend upon your INR!)**
- We also recommend taking **Arnica Montana (30x)**. *Arnica Montana* is a Homeopathic perennial mountain herb indigenous to Central Europe that has been proven effective in reducing bruising and swelling post operatively. Arnica Montana can be purchased at **Fresh Vitamins** (NW Corner Grant & Swan). Follow the instructions on the bottle. **No eating or drinking 15 minutes before or after taking the Arnica Montana.**
- A set of prescriptions will be given to you after surgery. *If you want your prescriptions filled prior to surgery, please call our office.*

One Day Before Surgery:

- Stay well hydrated, drinking plenty of fluids the day before your surgery.

Morning of Surgery:

- We will provide prescriptions and review the dosage of medication to be taken on the day of surgery with you & your escort (**if being sedated**). If you want prescriptions filled prior to surgery please call our office.
- Take all of your usual morning doses of medications prescribed by your physician. **IF YOU TAKE MEDICATION FOR HIGH BLOOD PRESSURE IT IS IMPORTANT THAT YOU TAKE YOUR MEDICATION ON THE DATE OF SURGERY. Patients requiring antibiotic premedication for artificial prosthetic joints or heart valve issues should also take the required dose of medication prior to surgery.**
- If you are an asthmatic, please bring your inhaler/s with you to the surgical appointment.
- Wear comfortable clothing. Due to the nature of your proposed treatment, we recommend not wearing light colors to your appointment.
- Patients that are not scheduled for IV-sedation may eat a light breakfast or light lunch depending on the time of surgery.
- Patients with sleep apnea must have someone stay with them for the first 3 hours after surgery with IV sedation.

Patients that are scheduled for IV-Sedation must not eat for 8 hours prior to their scheduled surgical time to avoid any possible risk or complications with the anesthesia. You may have clear liquids up to 2 hours prior to your surgery appointment. Patients must also provide a friend/family member escort to and from your surgery appointment. Due to limited seating in our lobby, we ask that you please have no more than 2 people with you during your surgery.

What Is Arnica Montana 30X?

Arnica Montana 30X is a popular homeopathic remedy used for various common soft tissue injuries, such as bruises, sprains, and muscle aches. Arnica Montana is a plant that grows in Northern Europe. Since the 1500s it has been used medicinally for various ailments. Arnica Montana is a yellow flowering plant, also known as wolf's bane or mountain tobacco. It contains such chemical constituents as helenalin, thymol, and natural fungicides. Experts say the sesquiterpene lactones are the chemical components that account for the anti-inflammatory and pain-relieving benefits.

Benefits of Use

Arnica Montana users report **faster wound-healing**, particularly for bruises, sprains, muscle aches, insect bites and swelling associated with bone fracture. Currently, Arnica Montana is most commonly used as a pre- and post-op treatment for surgery. **The decrease in bruising and trauma is said to help with recovery after an operation and decrease scarred tissue and pain.** Bruising occurs due to excess blood in and in between capillaries, which causes swelling and/or the common black and blue appearance. Arnica Montana reportedly increases blood flow and stimulates white blood cells to heal and clear the black and blue look.

Read more: <http://www.livestrong.com/article/24111-arnica-montana-30x/#ixzz2jQuclbeJ>