

PLANNING AHEAD

Special Instructions - ADULT & CHILD



Follow the general rules listed below, and confirm with your regular doctor (primary care physician) or surgeon what medicines you should take and what you should stop before surgery.

Medicines or Herbs for Adults

- STOP anti-inflammatory medicines (such as Motrin, Advil, Naproxen, Excedrin) 3 days before surgery. You may use Tylenol for pain.
- Some non-prescription (over-the-counter) medicine must also be stopped at least 7 days before surgery. Ask your doctor which ones to stop taking.
- STOP all herbal medicines at least 7 days before your surgery date. Herbal medicines may cause bleeding and/or problems with anesthesia.
- STOP taking all diet pills 7 days before your surgery date.

Coumadin or Other Blood Thinning Medicines

- Aspirin and Clopidogrel (Plavix): STOP aspirin, aspirin containing products, and Clopidogrel (Plavix) for 7 days before surgery date unless directed by your physician to continue. Aspirin products include baby aspirin, Alka-Seltzer, and Excedrin. If you are taking aspirin or Clopidogrel (Plavix) because you have a history of heart attack, heart failure, stroke, atrial fibrillation, or stent placement, please discuss with the prescribing physician or during your preoperative medical clearance before stopping the medication.
- Warfarin (Coumadin), Enoxaparin (Lovenox), Heparin, or Direct Oral AntiCoagulants (DOAC medications include: Apixaban, Dabigatran, Rivaroxaban, Edoxaban): Your surgeon will place a referral to our Anti-Coagulation Clinic (714-279-5403) or the regional DOAC pharmacy so they may plan when to stop your medicine and if additional treatment is needed before surgery.

**Kaiser Permanente does not endorse the medications or products mentioned. Any trade names are for easy identification only.*

Medicines or Herbs for Children

- Children should take all oral or inhaled prescribed medicines on the day of surgery.
- STOP all herbal medicines or supplements 7 days before surgery.



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If You Have Diabetes

- Make sure you are controlling your blood sugar.
- If your blood sugar is not in normal range your surgery may be rescheduled.
- **DO NOT** take these medicines on the day of surgery:
~ Diabetes pills ~Regular “R” insulin ~ Lispro (Humalog) insulin
- The day before surgery, your Preop Team will let you know which insulin and how much to take the morning of surgery.
- If you feel weak, nauseated, shaky, confused, or sweaty; feel your blood sugar is low or glucose check is < 70mg/dl, then drink any of the following: clear apple juice, Gatorade/Powerade (no red color drinks) or 7-up/Sprite.
- **DO NOT** eat solid food, candy, gum, sugar tablets, sugar gel, milk-based products or drink orange juice as this may cause your surgery to be delayed or canceled.
- Visit kp.org/diabetes for more information.

If You Smoke, Vape or Chew Tobacco

- STOP smoking completely 1-2 months before surgery to minimize the risk of health problems such as pneumonia and poor wound healing. Do not smoke for at least 3 months after surgery.
- Speak with your regular doctor (primary care physician) for resources and tools to help you stop smoking.
- Call 1-866-862-4295 to make an appointment with a Wellness Coach in our Wellness Coaching by Phone program or visit kp.org/quitsmoking.
- You can also take a Tobacco Cessation class with our Center For Healthy Living department. Call 1-888-988-2800 to register for a class or for more information.

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If You Smoke, Vape or Chew Tobacco (continued)

- **Parents/Guardians of children:** Exposing your children to smoking (smoking around your child) can cause health problems such as pneumonia and poor wound healing after surgery. STOP exposing your child to smoking at least one month before surgery and for at least 3 months after surgery.

If You Drink Alcohol

- STOP drinking beer, wine and alcohol 2 days before surgery as this may interfere with the anesthesia and may cause surgical problems.
- If you believe you are a heavy drinker, let your surgeon and anesthesiologist know.

Staying Active

- Walk or stay active. Moving helps your body recover.

Dental Health

- A key to good dental health is to have regular dental checkups and cleanings every six months.
- Complete any necessary dental work 4 to 5 weeks before your surgery.
- You must be free of dental or gum infection in order to have surgery.
- If you have full dentures (upper and lower), no dental clearance is necessary.

Other Medical Conditions

Call your surgeon's office, if you have...

- Untreated or currently treating a urinary tract infection.
- New onset of any medical problem.
- Recent emergency room or urgent care visits.
- Skin rashes, cuts or wounds on your skin.



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Preparation & Home Safety Suggestions - ADULT & CHILD

Arranging your home, equipment and family support before surgery will promote a smooth homecoming. Here are some suggestions.

Groceries

Get groceries, supplies and easy to prepare meals.

Meals

Prepare your meals ahead of time and store them in the freezer for use after you get home from the hospital.

Clear Pathways

Remove clutter or furniture to provide a clear path to walk around your home. Make sure there is enough room to get around your living area safely.

Tripping Hazards

Secure any loose cords, electrical or telephone, anywhere on the floor. You can easily trip on these.

Night Lights

Install and use night lights in hallways, bedrooms, bathrooms.

Slippery Floors

Do not wax floors – this can make them slippery.

Rugs

Take all throw rugs off the floor; rugs are a tripping hazard and can cause falls.

Non-Skid Mats

Consider installing non-skid mats or strips on shower/tub floor.

Handrails

Consider installing handrails in the bathtub/shower/toilet areas if needed.

Unlocked Doors

While in bathroom, leave doors unlocked in case you need help.

Transportation Home

Make sure to arrange your transportation home from the hospital in advance.

Caregiver

If you believe you will need help, please make sure to arrange your help before your surgery.