

### *Pre-Surgical Instructions*

- 1) Please inform us of any changes in your health history or medications prior to your surgical visit.
- 2) Please be sure to eat a light meal containing protein prior to your surgery to avoid nausea and dizziness.
- 3) **Do not take aspirin, blood thinners (Coumadin) or any medication containing aspirin for one week prior to surgery. *This should be done only after consulting with your medical doctor and Dr. Mao.*** This is to avoid increased or prolonged bleeding. **Tylenol** is permitted.
- 4) Following your surgery it will be important for you to eat as normal as possible. Depending on the extent of your surgery, you may want to have soft, cold, high protein foods available.
- 5) Physical activity should be kept to a minimum for at least 48 hours following your surgery. This includes activities in which the heart rate is elevated, as this may cause increased bleeding or swelling.

Please be sure to call the office if you have any questions or concerns. If you believe you have an emergency situation at any time, please call the office at **(206) 367-6767**.