



PRE-OP INSTRUCTIONS

Do not take blood-thinning medications and/or herbal & nutritional supplements for **at least 10 days before surgery**. These include: Aspirin, Ibuprofen, Naproxen (Aleve), Motrin, Metabolife, fat burners, Vitamin E, Omega-3/Fish Oil, Flaxseed Oil, Glucosamine Chondroitin, cough medicines, or alcohol. **Tylenol** (or any brand of **acetaminophen**) may be used at any time.

You must stop the following injectable medications at least 7 days before surgery:

- Dulaglutide (**Trulicity**)
 - Exenatide (**Byetta**)
 - Exenatide extended-release (**Bydureon**)
 - Liraglutide (**Victoza**)
 - Lixisenatide (**Adlyxin**)
 - Injectable **Semaglutide**
 - Injectable **Ozempic**
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- If you use prescription blood thinners such as **Coumadin** or **Plavix**, please talk to **Dr. Tarbet** well in advance. You will need personalized instructions from the doctor who prescribed them.
 - **Do not eat or drink anything after midnight** the night before surgery — this includes water. If you take daily prescribed medications, ask Dr. Tarbet whether to take them the morning of surgery or afterward.
 - **Pick up your prescriptions** before your surgery.
 - Arrange for an adult to drive you to and from surgery. Someone should **stay with you at home for the first 24 hours**.
 - Shower the morning of your surgery. **Do not use** lotion, powder, cologne, perfume, or makeup. Deodorant is allowed.
 - **Do not wear jewelry** to the surgery center.
 - **Do not wear contact lenses**. Bring your glasses instead.
 - Bring **sunglasses** — your eyes may be sensitive to light after surgery.
 - Wear **comfortable, loose-fitting clothes** that don't need to go over your head (like button-up or zip-up tops).
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