



## **PERRY GDALEVITCH, MD, FRCSC, MSc, FACS**

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### **Pre-operative Instructions (Local Anaesthetic)**

These pre-surgical instructions are provided as an important service for you. Please follow the instructions carefully to ensure optimum results. If there are instructions that are not clear, please do not hesitate to contact our office as soon as possible. If these instructions are not followed, your surgery may be delayed if your surgeon deems it necessary.

#### **THREE WEEKS before your surgery**

- Stop all consumption of collagen
- Prepare your surgery date: Plan ahead to ensure a stress-free experience. Arrange your work leave and special help to help you with the home for your recovery time. Prepare your return home by organizing meals, shopping, babysitting, etc. Make sure you have someone scheduled to accompany you home after your surgery. Someone should also be on call to help you during the first 24 hours after your surgery.

#### **TWO WEEKS before your surgery**

- Stop the consumption of anti-inflammatories.
- A preoperative visit (if necessary), approximately two weeks before your surgery, will be scheduled to review your goals and provide you with additional information regarding your surgery.

### **SEVEN DAYS before your surgery**

- Stop taking any supplements or medications from the following list. These products can increase the risk of bleeding and other complications. Stop consuming any non-prescribed supplements including Omega 3-6, nutricap, ouch, echinacea, glucosamine, fat burners, St. John's wort etc. Aspirin, medicines containing aspirin or any anticoagulants such as arixtra pf, clopidogrel, plavix, coumadin, dalteparin, edoxaban, eliquis, apixaban, enoxaparin, fragmin pfsyringe, lepirudin, padaxa, dabigatran etexilate, xarelto, rivaroxaban,
- Confirm your surgical support plan: This includes your transportation and post-surgical care, including an adult on call for support 24 hours after your surgery.

**Purchase any prescription (if applicable) provided by Dr. Gdalevitch and revise your pre-surgical instructions.**

### **THE DAY BEFORE your surgery**

Prepare a bag. It should include:

- All necessary papers
- Your identification (RAMQ card)
- Any Prescription Drugs
- Glasses if necessary
- Confirm the person who will assist you for the first 24 hours after surgery.
- Take a shower. Use a non-perfumed soap. Wash your hair. Do not put cream or lotions. Do not put deodorants, hair products, perfumes or makeup.
- Relax. Enjoy a good night's sleep and avoid stress.

## **YOUR SURGERY DAY**

- If you wish to have oral sedation, do not eat or drink 4 hours before the surgery. Present yourself 30 minutes before your surgery if you are taking an oral sedation
- Do not train before surgery
- Please bring your medications that have been prescribed to you in a bag as above.
- Do not wear any make-up, jewellery, contact lenses, hairpin or piercings: during surgery, an electric cautery is used, any piercing or jewellery can cause burns.
- Wear light and comfortable clothing. Wear a top that opens forward. Do not wear a sweater, turtleneck or tight clothing. You can wear a skirt, but pants and a jogging jacket are ideal. Flat shoes should be worn that are easy to remove and to put on (no heels).

**Plan to be on time at suite 137.**

Office: (514) 967-4744

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Be sure to call our office at any time if you have any questions or concerns.