

## PREOPERATIVE INSTRUCTIONS

### Pre-operative Testing

Medical tests and exams may be necessary. Based on the need, the following may be required:

Tests and exams **may** include, but are not limited to:

- EKG (Males 40 and older, Females 50 and older)
- Complete Blood Count (depending on surgery)
- Blood Chemistry (Patients 65 and older)
- Urine Pregnancy Test (Females less than 49)
- History and Physical Exam

These tests will be performed in consultation with your primary care physician to determine if you have recently completed any tests or exams on the list.

### General Diet and Medication Instructions

Follow your physician's pre-surgery guidelines for medicines. Remember the exact time you ate or drank to report to the nurse on the day of your surgery. The following are guidelines for your pre-surgery routine:

#### **Two Weeks Before Surgery:**

Discontinue any medicines containing aspirin or non-steroidal anti-inflammatory medicines (e.g. Advil® or Motrin®). Acetaminophen (Tylenol®) is acceptable for helping with mild pain. If you are taking any blood clot altering medications, please discuss this with Dr. John Pak.

#### **Three Days Before Surgery:**

Discontinue the following supplements and herbs (*substances that increase bleeding time and interfere with anaesthetics*):

*Supplements:* Vitamin E, Co-enzyme Q10, Fish Oils (Omega 3 fatty acids), Tryptophan, Phenylalanine, Tyrosine, Taurine, 5HTP, Glutamine

*Herbs:* Ginkgo, Meadowsweet, Garlic, Coleus, Turmeric, Motherwort, Danshen, Ginger, Red Clover, Horse chestnut, Fennel, Feverfew, Guarana, Kava, St. John's Wort, Panax, Celery, Valerian, Guarana, Slippery Elm Bark

#### **Night Before Surgery and Morning of Surgery:**

- Eat a light meal for dinner the night before your surgery
- For surgery scheduled at or before 12 noon, do not eat or drink after midnight
- For surgery scheduled after 12 noon, you may have clear liquids (water, coffee or tea without cream or sugar, apple juice or cranberry juice) until 8 a.m. on the morning of your surgery
- You may take approved medicine with small amounts of water
- You may shower, brush your teeth, and wash your hair the morning of the surgery
- If you are taking any diabetic or heart medications, please consult with your primary care physician

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