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PRE-OP INSTRUCTIONS FOR ALL SURGICAL PROCEDURES

OBTAIN PRIOR TO PROCEDURE

- **ANTIBACTERIAL SOAP** OR HIBICLENS
- HAVE YOUR **PRESCRIPTIONS FILLED** BEFORE YOUR SURGERY DATE
- IF YOU ARE **OVER THE AGE OF 45**, OR HAVE A CARDIAC HISTORY YOU MUST **OBTAIN AN EKG** 2 WEEKS PRIOR TO SURGERY IF YOU ARE HAVING GENERAL ANESTHESIA.
- FOR ALL **BREAST SURGERY: YOU MUST OBTAIN A SPORTS BRA** THAT FASTENS IN THE FRONT. BRING IT WITH YOU TO THE HOSPITAL.
- **MAKE ARRANGEMENTS FOR A RIDE** HOME FROM THE HOSPITAL, AND TO HAVE AN ADULT STAY WITH YOU FOR A MINIMUM OF 24 HOURS AFTER YOUR SURGERY.

7 DAYS PRIOR TO SURGERY

NO ASPIRIN OR BLOOD THINING PRODUCTS SUCH AS IBUPROFEN, ADVIL, MOTRIN, ORUDIS, KETOPROFEN, OR ALKA SELTZER.
DISCONTINUE THE USE OF ALL HERBAL SUPPLEMENTS, HIGH DOSES OF VITAMINS AND MINERALS

3 DAYS PRIOR TO SURGERY

AVOID ALCOHOL. IT ALSO THINS THE BLOOD.

THE EVENING BEFORE SURGERY

- SHOWER WITH ANTIBACTERIAL SOAP OR HIBICLENS. PAY SPECIAL ATTENTION TO THE SURGICAL SITES.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** THE NIGHT BEFORE. **EXCEPT PLEASE TAKE BLOOD PRESSURE OR HEART MEDICATION THE MORNING OF YOUR SURGERY** WITH A **SMALL SIP** OF WATER.

THE MORNING OF SURGERY

- SHOWER AGAIN WITH ANTIBACTERIAL SOAP OR HIBICLENS.
- WEAR NO LOTIONS, POWDERS, OR DEODORANTS.
- WEAR NO MAKE-UP OR JEWELRY.
- WEAR LOOSE COMFORTABLE CLOTHING THAT BUTTONS UP IN THE FRONT.
- BRING THE CELL NUMBER FOR YOUR RIDE HOME
- BRING SPORTS BRA TO HOSPITAL(for breast surgery)