



NEUROSURGICAL ASSOCIATES, LTD.

PATIENT INSTRUCTIONS:

- ✓ Call your primary care physician to make an appointment for a pre-op history and physical. You must have a physical to be cleared for surgery within 30 days prior to surgery. This documentation must be faxed to the hospital at 612-863-3514 prior to surgery. Do not fax the report to our office.
- ✓ We may need to contact you the day before or day of surgery. Please have your cell phone turned on or make sure we have a number where we can contact you. Please listen to your messages.
- ✓ Review your medications with the physician that manages your medications. Certain medications must be stopped prior to surgery. See attached list. Talk to your physician regarding what medications you can take the day of your surgery. If you need to take medications on the morning of surgery, you may only drink enough water to get the medications down.
- ✓ If you are a smoker, try to quit three to four weeks before your surgery. Smoking delays healing after surgery. Talk to your primary care physician regarding smoking cessation. Do not chew tobacco the day of surgery.
- ✓ **Do not eat or drink anything 8 hours prior to your arrival time.** If you need to take medication on the morning of your surgery, you may only drink enough water to get the medications down.
- ✓ Bring comfortable clothes to the hospital to go home in such as a button up shirt, zip-up sweatshirt, sweat pants, etc.
- ✓ It is recommended that you remove all acrylic nails and finger nail polish before coming to the hospital. Do not wear make-up to the hospital.
- ✓ Do not bring valuables or jewelry, including wedding rings, to the hospital.
- ✓ Bring a list of your daily medications to the hospital.
- ✓ Take a shower and wash your entire body with soap and water the night before and the day of your surgery. If you are having a craniotomy, you should make sure you wash your hair with shampoo. Do not shave or mark your skin anywhere near your surgical site. Do not use lotion the day of your surgery.
- ✓ Bring your prescription eyedrops, inhalers and breathing devices (CPAP, BiPAP) to the hospital.
- ✓ If you have a cervical or back brace, bring it with you to the hospital.
- ✓ Constipation is common following a surgery due to decreased fluid intake and pain medications. To help avoid this, increase your fluid intake about a week prior to surgery. You should drink an extra glass of water a day. Also, getting up and moving after surgery will help keep your bowels moving. You should also consider purchasing some over-the-counter stool softeners prior to surgery. If it has been several days since you had a bowel movement after surgery, start the stool softeners until your bowels become more regular.



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With surgery, there are certain medications that must be stopped prior to surgery and others that should be continued. Listed below are our recommendations.

****You should always check with the physician who manages your medications before stopping any medications especially if you are taking any diabetic, seizure, heart, blood pressure, cholesterol, arthritis, asthma or blood thinner medications.**

Below are examples of medications and the suggested stop dates. We have listed the medications with the brand name and generics in parentheses ().

14 days before surgery	10 days before surgery	7 days before surgery	5 days or less before surgery
Rheumatrex or Trexall (methotrexate)	Plavix (clopidogrel)	Aspirin	Coumadin (warfarin)
Enbrel (etanercept)	Effient (prasugrel)	Ecotrin, Bufferin (aspirin)	Brilinta (ticagrelor)
Humira (adalimumab)	Persantine or Permole (dipyridamole)	Aleve (naproxen)	Pradaxa (dabigatran etexilate)
Remicade (infliximab)		Advil or Motrin (ibuprofen)	Xarelto (rivaroxaban)
Rituxan (rituximab)		Naprosyn (naproxen)	Eliquis (apixaban)
Herceptin (trastuzumab)		Feldene (piroxicam)	Pletal (cilostazol)
ReoPro (abciximab)		Voltaren (diclofenac)	
Imuran (azathioprine)		Clinioril (sulindac)	
Arava (leflunomide)		Mobic (meloxicam)	
Simponi (golimumab)		Azulfidine (sulfasalazine)	
Herbal supplements such as fish oil (Krill oil), garlic, Ginkgo biloba, Ginseng, St. John's Wort, Red Rice Yeast, Vitamin E)			

Some patients need to continue taking certain medications before surgery. It is important that you talk to your prescribing physician as soon as possible. If you are directed to take your medications the day of the surgery, you may take them with a sip of water.

****You may continue to take your narcotic pain medication, acetaminophen (Tylenol) and celecoxib (Celebrex) for pain control**