

## Pre-Op Instructions

The following instructions are for patients undergoing surgery with Dr Durand. For your safety, and to ensure your well-being, please follow these instructions:

1. Avoid alcohol, vitamin E, Ibuprofen, aspirin, (or any other anti-inflammatory medications) for TWO WEEKS prior to and after your procedure. If you are unsure whether any of your current medications are affected, please ask Dr Durand.
2. If you are undergoing a procedure that requires general anaesthesia, do not drink or eat anything after midnight on the eve of your procedure.
3. On the day of your procedure, please avoid wearing makeup and jewellery and remove all colored nail polish.
4. Someone must accompany you for the trip back home after your surgery.  
  
Before leaving the surgical facility, you will be given three things:  
1- a postop care information and instruction sheet,  
2- an appropriate prescription to ensure your comfort and safety postop, and  
3- an appointment to see Dr Durand within the first week after your surgery.
6. Please follow the post-Operative instructions that will be given to you on the day of your surgery. These same instructions can be found under the MEDICAL FORMS section of our website. If you have any questions or concerns after surgery please contact our office.

