

# Patient's Instructions

MRN \_\_\_\_\_

## **PRE-OPERATIVE ROUTINE ANESTHESIA**

1. Do not stop taking your regular medications.
2. Continue taking any high blood pressure medications, thyroid medications, antidepressant medications, and vitamins until the day or night of your surgery.
3. If you take Diabetic medications, continue them as ordered by the doctor. If you are taking insulin, call Dr. Stokes 24 hours before surgery.
4. Stop aspirin containing products, Ibuprofen, and any pain medications except Tylenol.

### **BEFORE SURGERY - 24 HOURS**

1. You may have your normal evening meal the night before surgery. DO NOT skip this meal. A glass of wine is OK. Do not drink excessively during the week prior to surgery.
2. NO SMOKING for 2 weeks prior to surgery.

### **AFTER MIDNIGHT --- NOTHING BY MOUTH - THIS INCLUDES WATER**

### **AFTER SURGERY - FIRST 24 HOURS**

1. No dairy products.
2. Drink lots of water or Gatorade! You can have solid food as long as Dr. Stokes does not specify a soft diet.
3. No smoking or drinking alcohol while taking antibiotics.

**Please feel free to call the office at (910) 235-2957 if you have any questions.**

**I have read, understand and agree to follow these instructions.**

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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**PINEHURST SURGICAL**

**Plastic Surgery Center**  
Russell B. Stokes, MD – 910-235-2957