

**David Barnett, M.D.**  
**Pre-Operative Surgery Instructions**

**MEDICATION INSTRUCTIONS**

**You can continue to take the following medications up until your surgery.**

- You can take any type of OTC **Tylenol products**, as well as the listed pain medications. IE: **HYDROCODONE, VICODEN, TRAMADOL**, and **NORCO**.
- **Muscle Relaxers** are okay to take as well. IE: **ROBAXIN, FLEXERIL, TIZANIDINE, SKELAXIN, BACLOFEN AND SOMA**.
- It is **okay to continue a Medrol Dosepak** if one has been prescribed to you.
- It is **okay to continue Gabapentin and Lyrica**, as well.

**Please discontinue ALL ASPIRIN TYPE PRODUCTS 7 days** prior to surgery date. SEE NEXT SHEET

**Please discontinue ALL ANTI-INFLAMMATORY MEDS 7 days** prior to surgery date: SEE NEXT SHEET

**Please discontinue all ANTI-COAGULANTS 7 days** prior to your surgery date. SEE NEXT SHEET

**Please discontinue** Fish Oil, Flaxseed Oil, OMEGA 3's, Turmeric, CQ10, and high individual doses of Vitamin D and Vitamin E **7 days** prior to surgery date.

The anesthesiologist should call you the night before (**look for a blocked caller ID**). If you do not hear from them, do not be worried. They will meet with you and your family before the surgery to go over any concerns and answer any questions that you might have.

**DO NOT EAT OR DRINK ANYTHING after midnight the night before surgery.** If you take BLOOD PRESSURE MEDICATION OR ANY OTHER CARDIAC RELATED MEDICATIONS normally in the morning, please discuss with your treating physician. If they want you to take the medication the morning of surgery, please take it with just a sip of water.

**If you are a diabetic**, please contact your primary care or treating physician and get instructions from them regarding your diabetic medications the morning of surgery.

**Shower the morning of surgery to minimize infection.** The preop nurse that calls you from the hospital will instruct you to shower with a medicated soap the morning of surgery. Do not go out and purchase special medicated soap, as Dr. Barnett **does not** require you to use it. Just take a shower that morning with an antibacterial soap like Dial or Dove.

**PLEASE STOP THE MEDICATIONS BELOW 7 DAYS BEFORE YOUR SURGERY. IF YOU DO NOT, YOUR SURGERY WILL BE CANCELED. IF YOU ARE UNSURE OF A MEDICATION, PLEASE CALL YOUR DOCTOR OR PHARMACIST.**

**ASPIRIN  
ALEVE  
ADVIL  
IBUPROFEN  
EXCEDRIN  
BC POWDER**

**CELEBREX (CELECOXIB)  
NAPROSYN  
NAPROXEN  
MOBIC (MELOXICAM)  
RELAFEN  
TORADOL  
LODINE (ETODOLAC)  
INDOCIN (INDOMETHACIN)  
DAYPRO  
DICLOFENAC**

**PLAVIX (CLOPIDOGREL)  
PRADAXA (DASIGATRAN)  
COUMADIN (WARFARIN)  
AGGRENOX  
ZIPSOR  
XARELTO  
ELIQUIS  
EFFIENT  
BRINLINTA**