

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, Lyrica, and Pregablin**

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

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

Please discontinue all ANTI-COAGULANTS **7 TO 10 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 **14 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 treating physician for instructions on meds the morning of.

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.

If you are having a cervical (neck) surgery, you will be called to be fitted for a cervical collar. If you are having a lumbar (back) surgery with instrumentation and fusion, you will be called to be fitted for a back brace.

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**

STOP BLOOD THINNERS/ANTI-COAGULANTS 10 DAYS PRIOR TO SURGERY:

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

STOP WEIGHT LOSS/DIABETIC INJECTIONS 10 DAYS PRIOR TO SURGERY:

WEGOVY, OZEMPIC, TRULICITY, MOUNJARO, RYBELSUS, SAXENDA, VICTOZA, BYETTA, BYDUREON, ADLYXINE, AND TANZEUM