

SURGICAL INSTRUCTIONS

DATE OF SURGERY: _____

- You will receive a call from **Pre-admission testing** (located in the WEST PAVILLION, corner of 6th street and 7th avenue through the new corner entrance into the hospital). They will set up an appointment for bloodwork and a pre-op visit to the hospital about a week before surgery. Monday – Friday 8am- 2:30pm. No fasting is necessary. Telephone # 718-780-5060.
- Scheduling office will contact you the day before your scheduled surgery and will inform you about the time and location to report for surgery. Their phone number is 718-780-5443.
- Please contact your primary care provider, inform them of your scheduled procedure and request medical clearance (if instructed by Dr. Gorelick)
- You can continue eating solid food up until 8 hours prior to surgery and you can have clear liquids up until 3 hours prior to surgery.
- **If instructed** by Dr. Gorelick, please buy over the counter 2 bottles of Ensure Plus and drink at 6 pm the day before major surgery. Also buy 1 bottle of Ensure Clear and drink it 3 hours prior to major surgery. This will give your body an additional carbohydrate load to counteract the stress effects of surgery.
- No bowel prep or fasting after midnight is necessary.
- You must have an adult escort if you are scheduled to be discharged from the hospital the day of surgery. No escorts are required if you will be admitted to the hospital.
- You **SHOULD** take your blood pressure, heart and thyroid medications the morning of surgery with a sip of water.
- Please call for a postoperative visit within 2 weeks after surgery unless instructed otherwise.
- Leave your valuables at home the day of surgery.
- Notify the doctor of any over-the-counter/homeopathic medications or supplements you take.

- No ibuprofen (Motrin, Advil or Naprosyn) within 3 days of surgery, no Aspirin or Vitamin E supplements starting 10 days before surgery unless approved by the doctor. Tylenol is ok to take.
- If you smoke, it is advisable to stop as soon as possible.
- Do not drink alcohol the day before surgery.

POST-OPERATIVE INSTRUCTIONS

- Pain medications (e.g. Percocet and Motrin) will be prescribed for incisional discomfort. Take 1 or 2 tablets as needed every 4 hours for pain.
- If nauseated or dizzy, discontinue narcotics and take plain Tylenol
- Call the office if unable to hold down food or vomiting or having fevers > 100.4
- Take Colace 100 mg three times daily while on pain medication
- Drink plenty of fluids unless instructed otherwise
- No heavy lifting (>10 lbs) or abdominal exercise for 6-8 weeks (depending on the procedure). You can resume aerobic exercise (biking, treadmill, jogging) 3-4 weeks postop.
- Staples are removed 7-14 days after the surgery, if you are discharged with staples in place, schedule an appointment within 2 weeks of your discharge to have them removed
- Leave steristrips in place x 7-10 days. If they fall off, do not reapply them. After about a week, you can peel them off in the shower
- You can shower and let water flow over the incision. Do not rub the incision, pat it dry with a towel.
- Do not apply any creams, powders, lotions or special dressings to your incision unless approved by the doctor.
- No bath or swimming x 4 weeks

- No driving x 4-7 days after a minor procedure or 3-4 weeks after a major surgery
- Do not drive if you are taking a narcotic pain medication
- Call the office at 718-780-3090 for a postoperative appointment or any questions.