

Pre-Operative Instructions

LABS:

Lab orders will be sent to the lab center that was discussed with you at the time the surgery was scheduled. The lab work will need to be done at least 72 hours prior to the scheduled surgery.

CARDIAC CLEARANCE:

Some surgeries will require a cardiac clearance from your cardiologist. The clearance will consist of an EKG and/or stress test. You will be notified by our office if your surgery requires a cardiac clearance.

MEDICATIONS:

Aspirin and/or Plavix are to be continued. Blood thinners such as Coumadin (Warfarin), Eliquis, Xarelto, or Pradaxa should be discontinued prior to surgery. Coumadin (warfarin) should be discontinued 5 days prior to surgery. Eliquis, Xarelto, and Pradaxa should be discontinued 48 hours prior to surgery. Diabetic medications should also be discontinued the day of surgery. All other medications can be continued unless otherwise instructed. Take your medications with small sips of water in the morning.

If you have any questions regarding any of the pre-operative instructions please contact the office at 972-487-1818.



What to expect the day of the surgery

PREPARATION:

Nothing by mouth after midnight the night before the surgery. No food. No water unless medication is needed to be taken with sips of water. If you are unsure of which medications can be taken please refer to the pre-operative instructions. You will need to arrange for a ride home. Expect to be at the office for a total of about 4 hours.

ARRIVAL:

You will be asked to arrive 30 minutes prior to your scheduled surgery time in order to begin surgical preparation. Check in at the front desk. A medical assistant will then shortly call you back to the pre-op area. You will then be prepped for your surgery. At this time, the anesthesiologist will discuss the anesthesia. Next Dr. Yau will discuss the consent for your surgery and answer any remaining questions you may have. Estimated surgery time is 1½ hours.

AFTER SURGERY:

After your surgery, you will be moved to the recovery area for about 2 hours. Once you are stable in the recovery area 1 guest is allowed to come back and sit with you. Medications will be provided to alleviate any pain, discomfort, or nausea. Snacks and juice will be available to you during this time as well. A medical assistant will be with you at all times during your recovery period.



Post-Operative Care:

DRESSINGS & GAUZE:

Your surgical site will be covered with pressure dressing and gauze. Check your dressing regularly for bleeding through the dressing. A small amount of blood is normal but the whole dressing should not fill with blood or leak out of the dressing. If you experience bleeding through the dressing or gauze, lay flat and have someone apply direct downward pressure for 15 minutes. Once bleeding has stopped you may put clean gauze and tape over the area. Continue to lay flat for 1-2 hours. If bleeding continues after 15 minutes of pressure call the office at 972-487-1818. These can be removed after 24 hours. Do not pull the dressing and gauze off if it is stuck; shower and let the warm water loosen it for easier removal.

PRECAUTIONS:

No driving for the remainder of the day of the surgery. You may resume limited driving the following day if necessary. No lifting over 10 lbs. No strenuous activity for 3 days following the surgery. Avoid straining during urination and/or bowel movements. Limit to going up and down stairs for 2 days. No bath or hot tub use for 3 days after the surgery, but showers are permitted.

POST SURGERY:

You are able to shower the day after surgery. You must arrange for a responsible adult to stay with you for at least 12-24 hours after discharge since it is not recommended that you be alone for the remainder of the day. If it is possible it is best to have someone stay the first night with you in case of any problems that may occur throughout the night. You may resume normal diet and routine medications including blood thinners. It is normal to have redness, soreness and swelling (size of a walnut) within the couple of days. Pain is not expected after this surgery. However, if you experience any pain or discomfort you can take Tylenol or Ibuprofen. If you experience increasing pain, coolness and/or numbness call the office. You should have a 2 week follow up appointment with your surgeon scheduled.

