

## Dr. Jeannie Shen, FACS



### Preparing For Your Surgery

#### Pre-operative tests:

- ✓ Lab tests: complete blood count (CBC), comprehensive metabolic panel (CMP)
- ✓ EKG
- ✓ Cardiology evaluation – if you have a history of heart problems or are followed by a cardiologist

Our office will coordinate these tests with your primary care provider, or alternatively arrange for these to be completed and send a copy of the results to your primary care provider's office.

#### The week before:

- ✓ ***Please discontinue aspirin and anti-inflammatory drugs which may thin the blood (e.g. Advil, Ibuprofen, Alleve, Mobic, Toradol) at least 7 days prior to surgery. Let the doctor know if you have been taking any of these within 7 days prior to surgery.***
- ✓ Arrange for transportation the day of surgery and discharge
- ✓ Get the house in order: laundry, housekeeping, etc.
- ✓ Plan your meals – have some meals prepared ahead of time that you can heat up easily, or ask family/friends to bring prepared meals after surgery
- ✓ ***If you are on a blood thinner (e.g. Coumadin, Plavix, etc.), ask the doctor when you should discontinue these.*** She may need to check with your primary care provider or cardiologist.
- ✓ Ask the doctor which of your usual morning medications you can take on the morning of surgery

#### The day before:

- ✓ Dr. Shen's office will call you to remind you of your arrival time and place for surgery. If you do not hear from the office, please call (626) 356-3167 to confirm these.

#### The night before:

- ✓ Avoid eating a heavy meal
- ✓ Lay out clothes for the day of surgery or return home (tops that open in the front with button/zipper closures are more convenient to take on and off)
- ✓ If you are having a lumpectomy, a sports bra is recommended immediately after surgery. If you bring it with you the day of surgery, the recovery room nurse will help you put it on prior to discharge.
- ✓ DO NOT EAT OR DRINK AFTER MIDNIGHT

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### The morning of:

- ✓ Take any blood pressure medications you normally take in the morning with a tiny sip of clear water.
- ✓ Do not take oral medications for diabetes or insulin on the morning of surgery. This may lead to a dangerously low blood sugar. We will check your blood sugar when you arrive at the surgery center, and treat it accordingly.
- ✓ Take any other medications Dr. Shen has discussed with you with a tiny sip of clear water.
- ✓ If you take an anxiety medication on the morning of surgery, be sure to alert Dr. Shen and the anesthesiologist. This may interfere with your anesthesia making it harder for you to wake up.
- ✓ Leave all jewelry (earrings, necklaces, bracelets) at home.
- ✓ Do not wear contact lenses. Bring your glasses.
- ✓ Relax and maintain a positive attitude! We'll take excellent care of you. 😊