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Preparing for Surgery

If you take any **blood thinners like Coumadin stop five (5) days before surgery. Stop taking Plavix, aspirin and herbal supplements seven (7) days before surgery.**

If **you are a diabetic** please check with your physician that orders your medication to get instructions on whether you will need to adjust your dose the morning of surgery.

Inspect your home to make adjustments needed. You may need help caring for yourself when you go home from the hospital, particularly with bathing, cooking, cleaning, laundry, grocery shopping, yard work and traveling back and forth to the doctor's office, try to make arrangements ahead of time for this. If you think you may need Home Health, please let us know so that arrangements can be made before surgery for a smooth transition home. **You will need to make arrangements for a ride home from the hospital on the day of discharge.**

- Plan to enter your home without climbing steps. If you need to climb steps to enter your home, determine if a neighbor, friend, or family member will be available to provide assistance
- Plan to make your bedroom on a floor with a bathroom if possible
- Use night lights in strategic areas to prevent falls at night
- Place the telephone and emergency numbers near you
- Keep hallways, stairways, and pathways clear of clutter
- Wear snugly-fitting, non-slip, low-heeled shoes or slippers
- Schedule bathing, grooming and dressing activities when friends or family are present in your home in case you need assistance
- Schedule quiet time for yourself

DO NOT eat or drink anything after midnight the night before surgery.