



PRE-OPERATIVE INSTRUCTIONS

We at Coeur d'Alene Spine and Brain sincerely appreciate your decision to choose Jeffrey J Larson, M.D. and his staff to perform your surgery. We hope that you have been adequately prepared, and that your questions have been addressed. Now is the time to clarify any remaining questions. This note addresses many questions related to the preoperative period. Please contact our office with any additional questions or concerns.

**** PLEASE DO NOT GET YOUR LABS DONE BEFORE YOU HAVE A SURGERY DATE**

BEFORE SURGERY:

- **Discontinue using ALL aspirin, fish oil, and non-steroidal anti-inflammatory medications**, which include, but are not limited to Ibuprofen, Aleve, Naproxen, and Celebrex at least 5 days prior to your scheduled surgery. Do not resume these medications until one week after your surgery. Tylenol and other pain medications are allowed.
- **Shower the night before surgery.** Use either SYNA-HEX4, or Dial soap. This helps to decrease chance of wound infections. **Notify our office well in advance of your surgery if you have or have had MRSA (Methicillin resistant staph aureus) so that we can prescribe the appropriate treatment.**
- **DO NOT EAT or DRINK** anything after midnight the night before surgery. This includes chewing gum and smoking.
- **It is ok to** take your regularly scheduled medications with a sip of water the morning of your surgery.
- If you have any questions about other medications, ask us prior to your surgery. Please **BRING A COMPLETE LIST OF MEDICATIONS** taken on a regular basis with the dosages to the hospital with you.

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