



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

PRE-OPERATIVE MEDICATION INSTRUCTIONS

HOSPITAL SURGERY

Bring a list of medications you are taking with you on the day of surgery.

FOLLOW THESE INSTRUCTIONS:

- 1. Diabetic Medications – If you are on oral medication, do not take on the day of surgery. If you are on Metformin (Glucophage) stop – 48 hours prior to surgery. If you are on insulin, take 1/2 of your usual morning dose on the day of surgery (Regular insulin only). EXCEPTION: If your surgery is scheduled for after 12:00 noon, do not take your insulin on the day of surgery.**
- 2. Water Pills (Diuretic Medications) such as Lasix or Hydrochlorothiazide - Do not take on day of surgery.**
- 3. Antidepressant or Antipsychotic Medication -Take your morning dose on the day of surgery. If you are taking a monoamine oxidase inhibitor antidepressant (such as Marplan, Isocarboxazid, Nardil, Phenelzine, and Tranylcypromine), contact your surgeon.**
- 4. Blood thinners (Anticoagulants). If you are taking Plavix - Stop taking it 1 week before your surgery. If you are taking Coumadin - stop taking it 4 days before your surgery. Talk to your surgeon about replacement medications during the days you're not taking your normal blood thinning medications.**
- 5. Aspirin, Ibuprofen (Motrin), and Naproxen (Aleve) and other aspirin containing medications - Stop taking 2 weeks before your surgery.**
- 6. Herbal medications, nutritional supplements, diet supplements, and vitamins – Stop taking 2 weeks before your surgery.**
- 7. Bronchodilators – Asthmatics - Please bring these with you on the day of surgery.**

For the following medication, take your usual morning dose on the day of surgery:

Glaucoma Medications

High Blood Pressure (Hypertension) Medications

Seizure (Anticonvulsant) Medications

Asthma or COPD Medications

Steroid Medications (such as Prednisone or Hydrocortisone)

Prescription Pain Medications

Myasthenia Gravis Medications

Thyroid Medications

Heart (Cardiac) Medications