



Pre-Op Instructions

Your insurance company may pre-certify/authorize your surgery to determine if it is medically necessary. Our office will contact your insurance company and try to obtain pre-certifications/authorization. Medicare and some insurance companies do not require pre-certification/authorization, but we can usually judge which cases are medically indicated and those we can appeal and justify. You may be asked to sign a waiver that you assume financial responsibility in case the insurance denies it for medical necessity.

- 1) Schedule your medical clearance appointment, **within 1 month of your surgery**, with your primary care physician, if applicable. If you have any cardiac history, stent, pacemaker, you will need to see your cardiologist. Call your doctor's office the week before surgery to make sure your clearance has been faxed to our office.
- 2) Make sure you have ice or frozen vegetables that can be used as cold compress after your surgery. There are also masks sold at your local pharmacy that can be used.
- 3) Bromelain **or** Arnica can be purchased at your local health food store to help reduce bruising. Start 5 days before surgery. Alternatively, if you are **NOT** diabetic, eating Pineapple and drinking pineapple juice can also reduce bruising and swelling.
- 4) Discontinue using over the counter blood thinners, 10 days prior to surgery, such as **Advil, Aleve, Motrin, Ibuprofen, Excedrin, Fish Oil, Ecotrin, Alka-Seltzer etc.** to avoid bleeding complications. Tylenol is okay to take and is not a blood thinner.
- 5) Make sure you have all the prescribed medication prior to your surgery so you do not have to pick them up afterward.
- 6) **When applicable discontinue: Ozempic, Mounjaro, Semaglutide, Trulicity, Saxenda, Delaglutide, Albiglutide, 2 weeks prior to your procedure date. If you take one of these medications for diabetes, consult with your prescribing physician prior to discontinuing medication.**
- 7) All payments are due 2 weeks before surgery.

DO NOT DISCONTINUE PRESCRIBED BLOOD THINNERS SUCH AS PLAVIX, COUMADIN, ELIQUIS, XARELTO WITHOUT YOUR PRESCRIBING PHYSICIANS CONSENT. THIS APPLIES TO ASPIRIN AS WELL.

THE NIGHT BEFORE SURGERY AND THE DAY OF SURGERY

- Get a good nights' rest
- No eating or drinking after midnight. It is OK to take your regular medicines, except for blood thinners, with a sip of water on the morning of the procedure. **DO NOT** use any moisturizer, lotion or makeup on your face the day of surgery.
- Bring ID and insurance information to the surgical facility
- Make sure someone drives you to and from the facility-someone should stay with you for a few hours after surgery.

If you have questions or concerns, please call the office at (954) 741-5555 and press option 3 to be connected to the doctor's assistant. If after-hours, ask to speak to the Doctor on call.