



9377 E. Bell Rd. Ste 343
Scottsdale, AZ 85260

T: 1-480-424-5255
F: 1-480-359-2575

royalspinesurgery.com

Pre-Operative Instructions

Preparing for Surgery:

1. At least 10 days prior to surgery, **STOP** taking any aspirin-related products, such as, Ibuprofen, Naprosyn, and Naproxen. This includes most Non-Steroidal Anti-Inflammatory Drugs (NSAIDs). You may take Tylenol, however.
2. If you are taking a **blood thinner** medication, such as, Plavix, Coumadin (Warfarin), Lovenox or Pradaxa, for any condition, please check with your primary care provider or the physician prescribing the medication to determine if it is safe for you to discontinue the medication prior to surgery.
3. If you currently smoke, you will need go **stop smoking** immediately as it can affect your healing process and your overall outcome after surgery.
4. In some instances, we might require clearance from your primary care physician or a specialist for surgery. We might also order certain blood work up and testing for your preoperative clearance. Please notify us if you are diabetic, requesting transfusion-free procedure, or if you have any past cardiac and/or pulmonary conditions.
5. Please take a thorough shower using **HIBCLENS** (Chlorhexidine Gluconate) instead of soap or body wash TWO days prior to AND on the day of surgery. **HIBCLENS** can be purchased over-the-counter at most stores. In addition, you will need to apply **BACTROBAN** 1% or 2% ointment to each nostril TWICE a day, TWO days prior to AND on the day of surgery. The prescription for **BACTROBAN** will be provided to you by our office.

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Day of Surgery:

1. **DO NOT** eat or drink anything after midnight the night before your surgery. This means no food, water, ice, tea, coffee, juice, mints, gum, etc. The only exception is small SIPS of water to take with certain medications. Check with your physician regarding which medications you should continue to take. If you take INSULIN, please ask for instructions from your physician. When brushing your teeth the morning of surgery, rinse and spit only. **DO NOT** drink water.
2. The morning of surgery take a thorough shower with **HIBCLENS** and wash your hair. **DO NOT** wear makeup, lotions, deodorant, body spray, perfume or cologne. **DO NOT** use any hair products on your hair, including gels, mousse, or hair sprays. Remove all body piercings and jewelry, and leave your valuables at home. If you wear eyeglasses, contact lenses, dentures, or hearing aids, please bring them with you in a container so you could use them later on after surgery. Also, apply the **BACTROBAN** ointment to each nostril on the day of surgery.
3. Wear loose comfortable clothing for your trip to and from the facility.
4. Make sure to bring your insurance card and a picture ID with you.
5. If your procedure is scheduled for in-patient stay, please consider bringing with you items from the following list to make you feel more comfortable:
 1. A list of ALL of your medications
 2. A robe and comfortable slippers.
 3. A book or magazine.
 4. Any special toiletries which will make you feel more comfortable.
 5. If you are having neck surgery, you might need to wear a cervical collar and might want to consider bringing a button-up shirt instead of a pullover.



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6. Once you are back home, please call our office at **480.424.5255** to schedule your post-operative follow up visit. Please make sure to read and follow the [Post Operative Discharge Instructions](#) available on our website. Please do not hesitate to contact us if you have other questions or concerns.

Thank you for allowing us to provide you
a world-class neurosurgical care.