



PRE OPERATIVE SURGICAL INSTRUCTIONS

1. Wear loose comfortable clothing, preferably not white.
2. If you are at all apprehensive, have someone accompany you to your appointment and drive you home if required.
3. Have plenty of rest the night before.
4. Eat a light meal 3-4 hours prior to your appointment.
5. Do not take any medications prior to your appointment unless instructed to do so or taken and prescribed on a regular basis.
6. Avoid alcohol at least 12 hours prior to surgery.

If you have any questions, please contact the office at 905.857.2155