



**SIERRA
NEUROSURGERY
GROUP**

30 Years of Excellence

**Board Certified
Neurosurgeons**

Dante F. Vacca, MD
Marshall E. Tolbert, MD, PhD
Lali Sekhon, MD, PhD
Richard G. Perrin, MD
Jay K. Morgan, MD
David C. Leppa, MD
Hilari L. Fleming, MD, PhD
Christopher P. Demers, MD
John S. Davis, MD
Michael S. B. Edwards, MD

Pain Management

Jacob L. Blake, MD

Mid-Levels

Ashlie Teixeira-Smith, APRN
Jennifer Sanders, APRN
Darin Olde, APRN
Jennifer Minard, APRN
Jennifer Keller, APRN
Kellie Kopp, PA-C
Greg Graves, PA-C
Curt Erickson, PA-C
Christine Canner-Peterson, APRN
Wren Ballard, APRN

5590 Kietzke Lane
Reno, Nevada 89511

75 Pringle Way, Suite 1007
Reno, Nevada 89502

775.323.2080
888.323.2080
775.323.8216 fax
www.sierraneurosurgery.com

Pre-Operative Instructions

1. Nothing to eat or drink after midnight the night before your surgery. The Anesthesiologist will cancel your surgery if you have anything in your stomach. **Take necessary medications with sips of water the morning of surgery**
2. Stop taking NSAIDS 7-14 days prior to surgery. Examples: Advil, Aleve, Aspirin, Motrin, Voltaren, Naproxen/Naprosyn, Excedrin, Relafen, Diclofenac, Celebrex or Mobic. **Do not stop your necessary medications.**
3. Notify your surgeon if you are taking blood thinners. Examples: Coumadin/Warfarin, Plavix, Eliquis, or Xarelto/Pradaxa. Our office will notify you when to stop prior to surgery. Your surgeon will instruct you when it is safe to restart the medication after your procedure.
4. Avoid dental procedures 3 weeks prior to surgery and 3 months following all surgical procedures. **Antibiotics will be required for cleanings or extractions during this period. Crowns and fillings do not require antibiotic prophylaxis.**
5. **You must notify the office immediately.** If you develop any cold or flu like symptoms or if you are actively being treated for an infection prior to surgery

*****Surgery times may change*****

You will be contacted the day before surgery to confirm check-in.

Please contact our office if you do not receive a call by 4:30pm

Please bring a photo to the hospital. You will NOT be admitted without one!



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Do **NOT** take these medications 7-10 days prior to surgery as they may affect bleeding.

Anti-inflammatories:

Ibuprofen (Advil, Motrin)
Naproxen (Aleve, Naprosyn)
Indomethacin (Indocin)
Diclofenac (Arthrotec, Voltaren/Zipsor)
Relafen (Nabumetone)
Mobic (Meloxicam)
Celebrex
Daypro
Etodolac (Lodine)
Fiorinal/Excedrin

Aspirin (any dose) stop 10 days prior to surgery

Blood Thinners:

Coumadin/Warfarin
Plavix/clopidogrel
Eliquis
Xarelto/Pradaxa

****STOP/START Times As Directed by Our Office****

Herbal Remedies:

Turmeric/Arnica
Ginko Biloba
Garlic/Ginseng
Black Cohosh

Dietary Supplements

Glucosamine/Chondroitin
Osteo Bi-Flex
Fish Oil/Omega-3