



SIERRA
NEUROSURGERY
GROUP

*Expert Care for Brain, Spine
& Pain Management*

Pre-Operative Instructions

1. Nothing to eat 8 hours prior, and only up to 16oz of clear liquids 2 hours prior on the day of surgery. Clear liquids include: water, juices without pulp, coffee or tea without milk or creamer, and carbohydrate sports drinks (Gatorade). The Anesthesiologist will not put you to sleep if you have anything in your stomach and your surgery will be cancelled.
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 ID to the hospital.

You will NOT be admitted without one!