



Department of Surgical Oncology

Avo Artinyan, MD, MS, FACS

Medication Guidelines for Surgery

Some medications should be discontinued several days before surgery. For your safety, if your physician advises that you stop these medications before surgery and you do not, your surgery will be cancelled.

Discontinue these medications as directed by your surgeon, PCP or cardiologist:

- Any blood thinners
- Coumadin(warfarin)
- Heparin
- Lovenox
- Xarelto
- Aspirin
- Persantine
- Plavix
- Ticlid

Discontinue these 7 days before surgery:

- Vitamin E
- NSAIDs
- Volataren
- Nalfon
- Indocin
- Toradol
- Daypro
- Feldene
- Tolectin
- Fosamax
- Iron compounds
- Dolobid
- Ansaid
- Orudis
- Relafin
- Naproxen
- Vioxx
- Tenoxicam
- Celebrex
- Lodine
- Ibuprofen
- Meclomen
- Oxyphenbutazone
- Clinoril
- Evista
- Acetol

Discontinue these 14 days before surgery:

- Prescribed and over the counter diet supplements
- All herbal medications and supplements (ex. Ginkgo Biloba)

Patients taking diabetes medications:

- Do not take Glucophage the night before or the morning of surgery. Talk to your primary care doctor about adjusting the dose of your oral hypoglycemic medication and insulin the night before and day of surgery.

If you have any questions about what medications you can take or should stop before surgery, speak with your primary care physician or surgeon.



Department of Surgical Oncology

Avo Artinyan, MD, MS, FACS

Preoperative Bathing Instructions

You can play an important role in your own health before surgery. Because skin is not sterile, we need to be sure that your skin is as free of germs and bacteria as possible. You can reduce the number of germs and bacteria on your skin by carefully washing before surgery. Following these instructions will help you be sure that your skin is clean before surgery.

IMPORTANT: You will need to shower with a special soap called chlorhexidine gluconate (CHG). A common brand name for this soap is Hibiclens®, but any brand is acceptable for use. This can be purchased over the counter in any large pharmacy such as CVS, Target, Walgreens, Walmart, or Rite Aid. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable for use.

DO NOT USE IF YOU ARE ALLERGIC TO CHLORHEXIDINE!

Instructions:

1. For best results, shower with CHG the night before your surgery and the morning of surgery. **DO NOT** shave the area of your body where your surgery will be performed.
2. You can wash your hair as usual with normal shampoo. Rinse the shampoo out completely.
3. Thoroughly rinse the area to be cleansed with water. Turn the water off.
4. Apply the CHG to your entire body from the NECK DOWN. Be sure to keep out of your eyes, ear and mouth. **DO NOT** use in the genital area. **Wash thoroughly paying special attention to the area where your surgery will be performed.**
5. Wash your body gently with the soap for 3-5 minutes. **DO NOT** scrub your skin too hard. **DO NOT** wash with regular soap after using the CHG.
6. Turn the water back on and rinse thoroughly.
7. Pat yourself dry with a clean soft towel.
8. **DO NOT** apply any lotions, deodorants, powders, or perfumes to your body.