



PREOPERATIVE INSTRUCTIONS

Pre-operative Testing

Medical tests and exams may be necessary. Based on the need, the following may be required:

Tests and exams **may** include, but are not limited to:

- EKG (Males 40 and older, Females 50 and older)
- Complete Blood Count (depending on surgery)
- Blood Chemistry (Patients 65 and older)
- Urine Pregnancy Test (Females less than 49)
- History and Physical Exam

These tests will be performed in consultation with your primary care physician to determine if you have recently completed any tests or exams on the list.

General Diet and Medication Instructions

Follow your physician's pre-surgery guidelines for medicines. Remember the exact time you ate or drank to report to the nurse on the day of your surgery. The following are guidelines for your pre-surgery routine:

Two Weeks Before Surgery:

Discontinue any medicines containing aspirin or non-steroidal anti-inflammatory medicines (e.g. Advil® or Motrin®). Acetaminophen (Tylenol®) is acceptable for helping with mild pain. If you are taking any blood clot altering medications, please discuss this with Dr. John Pak.

Three Days Before Surgery:

Discontinue the following supplements and herbs (*substances that increase bleeding time and interfere with anaesthetics*):

Supplements: Vitamin E, Co-enzyme Q10, Fish Oils (Omega 3 fatty acids), Tryptophan, Phenylalanine, Tyrosine, Taurine, 5HTP, Glutamine

Herbs: Ginkgo, Meadowsweet, Garlic, Coleus, Turmeric, Motherwort, Danshen, Ginger, Red Clover, Horse chestnut, Fennel, Feverfew, Guarana, Kava, St. John's Wort, Panax, Celery, Valerian, Guarana, Slippery Elm Bark

Night Before Surgery and Morning of Surgery:

- Eat a light meal for dinner the night before your surgery
- For surgery scheduled at or before 12 noon, do not eat or drink after midnight
- For surgery scheduled after 12 noon, you may have clear liquids (water, coffee or tea without cream or sugar, apple juice or cranberry juice) until 8 a.m. on the morning of your surgery
- You may take approved medicine with small amounts of water
- You may shower, brush your teeth, and wash your hair the morning of the surgery
- If you are taking any diabetic or heart medications, please consult with your primary care physician

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