



Preoperative Checklist

- 1) Medical Clearance – Unless otherwise agreed upon by Dr. Sorokin all patients must provide a letter of medical clearance from their primary physician stating that there are no health problems which preclude an elective operative procedure.
- 2) Labs / Bloodwork – All patients will need preoperative bloodwork including a bloodcount, chemistries, and if applicable, a pregnancy test within one week of the surgery date. An EKG and Chest X-ray will be required for patients with any cardiac history and/or age greater than 50. Mammograms are required for any woman over 30 years old prior to breast surgery.
- 3) Smoking must be stopped. Nicotine interferes with healing. This means all nicotine gum, patches, and cigarettes must be stopped.
- 4) Stop all aspirin and ibuprofen (motrin, aleve, etc...) 2 weeks prior to surgery. See attached long list of medications, supplements, and herbs which must be avoided due to possible bleeding complications. Tylenol is safe to take for aches, pains, and headaches any time prior to surgery. If unsure, call Dr. Sorokin and ask.
- 5) Consent forms must be reviewed and signed two weeks prior to surgery. This leaves ample time for Dr. Sorokin to answer any questions.
- 6) A \$500 non-refundable deposit is required to reserve a surgery date. Full payment is required 2 weeks prior to surgery or the date will be cancelled. There will be no exceptions to this policy.
- 7) Purchase all prescriptions and supplies from the pharmacy in advance. This way you will have the medications at home when you need them. See enclosed sheet for the list of prescriptions and supplies that you will need.
- 8) Night before surgery: Nothing to eat or drink after midnight except prescribed medications with a sip of water. Please remove any nail polish or it may need to be removed as it can interfere with monitoring equipment.
- 9) Make sure you have arranged for a ride to and from the hospital or surgical center. You will not be able to drive a car after anesthesia.
- 10) Morning of surgery: No gum, candy, mints in the morning. Wear loose, comfortable clothes to the hospital. Wear glasses not contact lenses. Take usual medications and any prescriptions as directed with a small sip of water. No food or drink means no coffee/milk. This is due to safety with anesthesia and surgery will be cancelled if this is not followed.