

1. Please make arrangement to have an adult with you for at least 24 hours following your surgery. Someone will need to drive you home from the surgery center or hospital. You are not allowed to take a taxi.
2. Plan to take adequate time off from work following your surgery. Rest and elevation are essential. If you have young children at home, arrange for additional help to care for them.
3. Stop over-the-counter anti-inflammatory medicines 7 days prior to surgery. This includes Motrin, Advil, Ibuprofen, Aspirin, Aleve and Naproxen. Do not stop your regular prescription medications unless instructed to do so by the doctor or anesthesiologist. Blood thinners (Coumadin, Warfarin, Plavix, Aspirin) need to be stopped 4 days prior to surgery. Please check with the ordering doctor. You may need a short acting blood thinner while you are off these medications.
4. You will need crutches, a walker, or a knee scooter for ambulation after your surgery. These may be rented or purchased from a medical supply company. Santa Barbara Health Care rents a variety of equipment (www.santabarbarahealthcare.com). Crutches are also available from the clinic.
5. **Do not eat or drink after midnight the night before your surgery unless otherwise instructed by the physician.**
6. Several vitamin and herbal supplements can affect the outcome of your surgery. We recommend that you stop these at least two weeks prior to surgery: Bilberry, Cayenne, Dong Quai, Echinacea, Feverfew, Fish Oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Hawthorne, Kava Kava, Licorice Root, Ma Haung, Red Clover, St. John's Wort, Valerian, Vitamin E, Yohimbe.
7. Diet drugs such as Phentermine, Tenuate, and any weight control supplements containing Ephedra must be stopped at least two weeks prior to surgery. These can cause dangerous elevation of blood pressure and heart rate.