

PREOPERATIVE INSTRUCTIONS
PERIPHERAL NERVE DECOMPRESSION SURGERY

PRIOR TO YOUR SURGERY YOU WILL NEED TO OBTAIN:

1. Hibaciens or pHisoDerm cleanser (no prescription required, ask your pharmacist).
2. Multivitamin with iron.
3. Vitamin C 500 mg. tablets.
4. You will need to obtain a walker to bring with you to the hospital for use during your post operative recuperation. Walkers can be rented through Lynch Pharmacy in Newburyport (978) 462-6352

TWO WEEKS PRIOR TO SURGERY:

1. We recommend that you stay on your balanced diabetic diet.
2. Take one multivitamin with iron and two 500 mg. vitamin C tab lets every day.
3. **Do not take any aspirin, Ibuprofen, Advil, Aleve or similar type drugs.**
4. For pain use Tylenol.
5. **Do not take vitamin E, ginkgo biloba, ginger, Echinacea, ginseng, black cohosh or any other herbal substances.**
6. No red wine for at least one week prior to surgery.
7. If you are gong home directly after your operation, please make sure you have arranged transportation and there is someone who will stay with you (family or friend) the night after your operation.
8. **NO SMOKING FOR AT LEAST TWO WEEKS BEFORE YOU SURGERY.**
9. Continue diligent use of diuretics and compression to keep the swelling out of your legs prior to the time of surgery.
10. Discuss with your surgeon the need to discontinue Coumadin (blood thinner) prior to this operation.

THE EVENING BEFORE SURGERY:

1. Shower with the Hibaciens or Phisoderm cleanser. These do not suds very well; they work best with a sponge or wash cloth. Please soap and rinse twice.
2. No alcoholic beverages the night before surgery.
3. **Do not eat or drink anything after midnight.**

THE MORNING OF YOU SURGERY:

1. Shower again with the Phisoderm or Hibaciens cleanser. Again, soaping twice, and rinsing well. Do not apply any moisture cream or topical lotions.
2. Do not wear any make-up, especially lipstick.
3. Please remove all jewelry including wedding rings and earrings, and leave them at home.
4. Wear loose comfortable clothing.