

DR. ZESHAN HYDER

# Pre-Op Instructions

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- Labs are to be done ~3 weeks prior to surgery (fasting labs).
- **DO NOT TAKE NSAIDS/ANTI-INFLAMMATORY MEDICATIONS** in the 2 weeks prior to surgery (See NSAIDS list).
  - Herbal supplements and extra Vitamin E also stop taking.
  - Tylenol is ok to take or current pain medications.
- If you are on any **BLOOD THINNING MEDICATION**, contact your physician who takes care of this for you and ask for instructions on when to start and stop any blood thinners (**Plavix, Clopidogrel, Wararin, Coumadin, Aggrenox, Dipyridamole, Ticlid, and Aspirin**).
- **IF YOU HAVE A CARDIOLOGIST OR ANY SPECIALTY DOCTOR**, you will need to call them for **CLEARANCE** as early as possible before surgery. This may mean you need to schedule an appointment with them to get clearance.
- Bring collar or back brace with you on the day of surgery, if given one.

If you have any questions, please contact Dr. Hyder's medical assistant Dawn at 219-797-7463

If there is a medical emergency please go to your nearest ER.

Patient signature for notification of surgical care instructions:

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# NSAIDS

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## Non-Steroidal Anti-Inflammatory Drugs

- **Aspirin** (Anacin, Ascriptin, **Bayer**, Bufferin, Ecotrin, **Excedrin**)
- Choline And Magnesium Salicylates (CMT, Tricosal, Trilisate)
- Choline Salicylate (Arthropan)
- Celecoxib (Celebrex)
- Diclofenac Potassium (Cataflam)
- Diclofenac Sodium (Voltaren, Voltaren XR)
- Diclofenac Sodium with Misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)
- Fenoprofen Calcium (Nalfon)
- Flurbiprofen (Ansaid)
- **Ibuprofen** (**Advil**, **Motrin**, Motrin 18, Nuprin)
- Indomethacin (Indocin, Lndocin SR)
- Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)
- Magnesium Salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
- Meclofenamate Sodium (Meclomen)
- Mefenamic Acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Naprelan\*)
- Naproxen Sodium (**Aleve**, Anaprox)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Rofecoxib (Vioxx)
- Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)
- Sodium Salicylate (Various Generics)
- Sulindac (Clinoril)
- Tolmetin Sodium (Tolectin)
- Valdecoxib (Bextra)

Note: Some products, such as Excedrin, are combination drugs (Excedrin is Acetaminophen, Aspirin, and Caffeine).