

PRE-OPERATIVE CARE INSTRUCTIONS

Our goal is to provide you with a pleasant and relaxing experience on the day of treatment. Please read and carefully follow the instructions below to help facilitate a smooth process for your surgery and minimize any possible complications.

DIET

On the day of your treatment, please eat a FULL meal that is high in protein, either breakfast or lunch, depending on the time of your appointment. If you are having I.V. sedation, please carefully read and follow the dietary instructions of the anesthesiologist.

PRE-MEDICATION

If you have been prescribed medications prior to your surgery, please take them as directed and follow any recommended dietary instructions.

Do not take the following medications and supplements for one week prior to surgery: aspirin, omega 3, ginkgo biloba, vitamin A, or vitamin C. If you are taking blood thinners or steroids prescribed by your physician, please follow any pre-operative recommendations as directed by the prescribing doctor.

PRE-OPERATIVE HEALING SUPPLEMENTS

To support your body's natural healing potential, these dietary supplements are available at Whole Foods, Mother's, Sprouts and drugstores such as CVS, Rite Aid and Walgreens.

Bromelain plus Quercetin or Turmeric

Bromelain is an enzyme naturally found in pineapple that is known to reduce inflammation and bruising.

Quercetin is a type of flavonoid with strong anti-inflammatory and antioxidant properties that is effective for surgery and as a dietary supplement.

Turmeric is a natural anti-inflammatory and antioxidant that may be used as an alternative to Quercetin.

Function: A natural remedy used to relieve swelling and inflammation, muscle soreness, osteoarthritis, poor digestion, and effects of cancer treatment.

1. Begin taking Bromelain plus Quercetin 3 days prior to surgery and continue until inflammation has subsided (typically 5-7 days).
2. Take Bromelain between meals, preferably on an empty stomach (For example: upon waking, late morning and late afternoon).
3. Recommended Bromelain dosage: 2 capsules, 3 times per day
4. Recommended Quercetin dosage: 2000mg, 3 times per day
(Continue as a 2000mg supplement daily.)

If taking Turmeric with Bromelain instead of Quercetin, follow the instructions for Bromelain above and:

1. Begin taking Turmeric the day of surgery and continue for 4 days.
2. Recommended dosage: 1000 mg, 2 times per day

SEDATION

If you are having I.V. or oral sedation, you will need a driver to bring you to your appointment and take you home. Please read our Sedation Aftercare Instructions if you are having any form of sedation. For I.V. sedation, please carefully read and follow the instructions of the anesthesiologist.

POST-OPERATIVE EXPECTATIONS

The first three days following your treatment is the most critical period of healing. We highly recommend taking 1-3 days off work and keeping your physical activity to a minimum. Getting plenty of rest, water and food will optimize your healing and minimize complications.

While you should expect some soreness and swelling after surgery, Dr. Ruprecht will prescribe the following:

- Medications for discomfort
- Written post-operative instructions
- Ice packs for minor swelling
- Antibiotics as needed

CONSENT FORM

A signed consent is required from you before surgery. Please read, sign, and return the consent form along with your financial arrangements prior to your day of your surgery. If you are having I.V. sedation, please submit your signed consent form 1-2 days before your surgery date.

If you have any questions about any part of your surgery, please feel free to call our office. We are honored to assist you towards achieving better health and look forward to a successful treatment outcome.