



KYLE R. WANZEL MD, MEd, FRCS(C)
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Pre-Operative Instructions for Surgery

1. At the time of booking your surgery, you would have been given information from St. Joseph's Health Centre (including written instructions and a map of St. Joseph's)
2. Please **call our office 1 week prior** to confirm the arrival and final surgery timing
3. If you are healthy and **under the age of 45**, you likely do not require preoperative tests
4. If you are **45 or older**, you will be required to do some blood work and an ECG (our office will provide you with a requisition, explanation and instructions)
5. Your surgery may require a garment (which we will order and purchase) or you may be required to bring your own bra (which we will inform you of)
6. If you are taking any of the following medications: ***Plavix, Pradaxa, Eliquis, Xarelto, Coumadin, Aspirin, Omega 3 Fish Oil, and Vitamin E*** - Please inquire with our office as to when you should **STOP** taking it prior to your surgery
7. Please remember that **you are required to be fasting** from midnight the night before your surgery (you may take your permitted medication(s) with sips of water)
8. Please **remove nail polish** from your finger nails and have a shower the day of surgery
9. You may be required at check in to **remove any body piercings**
10. Please ensure that you have arranged for **someone to pick you up** after surgery (your surgery will be cancelled if you do not have an escort home)
11. If you are having a **cosmetic procedure**, please ensure that your **payment is made (in full) 4 weeks prior** to your surgery (otherwise your surgery may be postponed to a later date)

IF YOU HAVE ANY QUESTIONS AT ALL, PLEASE CONTACT THE OFFICE