



ATTENTION:

Please discontinue the following to prevent complications during and after surgery:

1. Discontinue all aspirin, aspirin products, alcohol and the following non-steroidal anti-inflammatory medications (Butazolidin, Feldene, Apo-piroxicam, Novapirocam, Oxyphenbutazone,) two weeks before your surgery.
2. Discontinue all other non-steroidal anti-inflammatory medications (Motrin, Advil, Relafen, etc.) one week before your surgery. You may continue to take Tylenol.
3. Discontinue estrogen hormone medications (Premarin) and birth control pills one month before surgery.
4. Discontinue smoking on month before your surgery.

IN ADDITION:

IF you are scheduled for a lumbar anterior (through the front) fusion or “360” fusion, along with the above restrictions, also please restrict your diet to the following:

1. 48 hours prior to surgery, follow a full liquid diet. This includes the following: milk, milk drinks, coffee, tea, strained fruit juices, carbonated beverages, broth, strained cream soup, thin custards, gelatin desserts, ice cream, sherbet and strained vegetables in soup.
2. 24 hours prior to surgery, follow a clear diet. This includes the following: ginger ale, sweetened tea or coffee with no cream or milk, fat free broth, plain gelatin desserts, and strained fruit juices.