

Daniel I. Richman, MD

The Hospital for Special Surgery

Preoperative Instructions

General Information

- Please report to 429 East 75th street (between York and 1st Avenue)
- You will register on the 1st floor before going to the 2nd floor for your procedure
- Please bring valid photo identification
- Please arrive 45 minutes prior if your procedure is on the lumbar spine
- Please arrive 1 hour prior if your procedure is on the cervical spine
- For all other procedures please arrive 1 hour prior
- If you have any specific questions about your procedure please speak to the doctor's assistants

Medications

Refer to the following list regarding your medications. Please inform the office of any medications you are taking in addition to the list below. If you are taking any blood thinner or anti-inflammatory medication that does not appear below please speak with the doctor's assistants. If you are unsure which of your medications may be a blood thinner or anti-inflammatory, the doctor's assistants would be happy to speak with you.

Plavix- Stop 7 days prior

Aspirin 81mg- stop 1 day prior

Regular Aspirin- stop 5 days prior

Coumadin- stop 5 days and pre-operative blood work required

Vitamin E and Fish oil- stop 2 days prior

Effient

Mobic- stop for 48 hours prior

Motrin and Aleve- stop for 48 hours prior

Zarelto- stop for 4-5 days

Pradaxa- stop for 5 days

Eliquis

Indocin

Eating and Drinking

- If you are having a procedure on your thoracic or cervical spine or a procedure with intravenous sedation, you cannot eat or drink for 6 hours prior to your procedure. Please take any required medications with a very small sip of water.

- Please refrain from alcoholic beverages the night before your procedure

- You may resume your regular diet after your procedure unless otherwise instructed

Post Procedure Activity

- Unless otherwise instructed, you may go back to work after your procedure

- You can have a driver or taxi service pick you up after your procedure unless you are having intravenous sedation. IV sedation requires you have someone escort you home from the procedure center.

- Please do not fly the day of your procedure

- If you have been participating in a physical therapy program, please ask the doctor's assistants when to resume.

- You should not operate a vehicle the day of your procedure

- Please refer to your specific procedure in the (http://www.hss.edu/physicians_richman-daniel.asp) for more detailed post-operative information

- Please contact the office within two weeks after your procedure to inform of your status