



Two Week Pre-Op Instructions

Beginning **2 weeks** prior to your scheduled surgery with us, please follow the instructions below. Should you have any questions or concerns regarding these instructions, please call us at 919-443-2557, and one of our clinical team members will be happy to help!

1. Please stop eating all fish due to their high levels of Omega-3s which is a blood thinner (you may still eat shellfish)
2. Please stop taking all over-the-counter NSAIDS that are **NOT PRESCRIBED** to you (Aspirin, Ibuprofen, Motrin, Aleve, etc.)
3. Please stop taking all vitamins and supplements until after your procedure (fish oils, omega-3s, multivitamins, etc.)

***** If you are on a prescribed blood thinner*****

We will work with your prescriber to develop a plan for your procedure. Until you hear directly from our office or their office, **PLEASE CONTINUE TAKING YOUR PRESCRIBED BLOOD THINNER.**