

**DR. JOSEPH I. STEIN, M.D., F.A.C.S.**  
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**PRE-OPERATIVE SURGERY INSTRUCTIONS**

**PLEASE OBSERVE THE FOLLOWING INSTRUCTIONS, AND CALL YOUR DOCTOR IF YOU HAVE ANY QUESTIONS**

- Do not drink alcoholic beverages for 72 hours.
- Do not drive a motor vehicle for 72 hours or operate any machinery or power tools.
- Do not make any important decisions or sign important papers for 72 hours.
- Begin with liquids and light foods and progress slowly to a regular diet, if you are not nauseated.
- Avoid staying alone. Be very careful walking or going up or down stairs.
- Do NOT change your dressings until you are seen by your doctor.
- Keep your dressing DRY.
- Elevate the part that was operated about 1 foot off the ground while sitting
- Do not be alarmed by a small amount of bleeding. If it is greater than the size of a teacup, call your doctor Right away.
- Change your dressing or adjust as necessary.

Take the following medications as directed:  Bextra™ 10mg     Bextra™ 20mg     QD     BID  
 Celebrex™ 200mg     QD     BID

**Other special instructions:**

During waking hours, do not stay in bed. Rest in a recliner or chair.

If the medication you have been given does not seem to be taking care of the problem, or if you are experiencing any difficulty in breathing, chest pain, or bleeding that you feel is excessive:

Please call Dr. Stein \_\_\_\_\_ Telephone # 718-765-4783 \_\_\_\_\_

If the doctor is not available, or if you need any advice, please go to Maimonides Emergency Room.

If necessary, you may report at any time, 24-Hours-A-Day, to the Emergency Department, and you will be taken care of at once.

**Additional Advice from your doctor:**

You are scheduled to see your doctor: At: \_\_\_\_\_ am / pm  
On: \_\_\_\_\_, 20\_\_\_\_

