



Stephanie Lee, MD | Ashley Easterwood, MD | Kimberly Morphet, APRN, CNM
Holly Shively, APRN | Christy Shackelford, PA-C

Pre-Operative Instructions

Please review the post-operative instructions that are relevant to your procedure, so you are prepared for your surgery and aftercare. The instructions are available on our website www.elitetallahassee.com

Each facility will contact you to notify you of your arrival time.

HCA: The facility will contact you on Friday afternoon prior to your Monday surgery date. If you have any questions, please call 850-325-5000

Red Hills Surgical Center: They will contact you the afternoon prior to your surgery date to provide you with your arrival time. If you have any questions, please call 850-702-5020

Pre-Operative Instructions:

1. DO NOT eat or drink for 8 hours prior to your procedure. To be safe, do not consume anything to eat or drink after midnight prior to the procedure date.
2. You must have someone that will be at the surgery center to drive you home after your surgery. You will not be able to drive, and the surgery center will not discharge you to allow any Taxi, city bus, or drive service to pick you up.
3. DO NOT wear any jewelry. Bring a case for your contacts or glasses.
4. DO NOT wear makeup or nail polish to the surgical facility.
5. Wear clean, loose fitting, comfortable clothes and shoes that are easily removed to change into after your surgical procedure.
6. Shower or bathe with antibiotic soaps the day before and the morning of your procedure.
7. DO NOT SMOKE/VAPE after midnight before your surgery.
8. Bring a copy of your Living Will/Advanced Directives (If you have one)
 1. Medications to Avoid:
 1. Aspirin or aspirin-containing products for 7 days.
 2. NSAIDs including ibuprofen (Motrin) and naproxen (Aleve) 2 days prior to surgery
 3. Blood thinners, such as Coumadin, Plavix, Xarelto, and Eliquis 5 days before surgery
 4. Semaglutide, Ozempic, tirzepatide, Wegovy, Zepbound, or other GLP-1 Injections for 7 days prior to your procedure