

Pre-surgical instructions

**PROGRESSIVE SURGICAL
ASSOCIATES
1890 SILVER CROSS BLVD.
SUITES 410 & 520
NEW LENOX, IL 60451**

1 - 2 weeks before your procedure

Someone from our office
will call you to confirm
the procedure date

If medical or cardiac
clearances have been
ordered, please make
your appointments.

Complete any blood
work that has been
ordered

- *You can do this at the Silver Cross
Hospital Outpatient Testing
Center or your Primary Care
Doctor's office*

5 – 7 days before your procedure

Stop taking any blood thinning medications such as Aspirin, Aleve, Advil, Ibuprofen, Motrin, Fish Oil

If you are taking a prescription blood thinner such as Eliquis, Coumadin, Warfarin, Xarelto, you will need to discuss with your cardiologist for instructions on how and when to hold your medication before your procedure

1 – 2 days
before your
procedure

The surgical
department at
the hospital will
call you to
confirm your
exact arrival
time and
confirm
instructions

The night before your procedure

Shower/wash your surgical location with Hibiclens soap/antiseptic skin cleanser. Use a clean towel and washcloth. Rinse well to ensure all soap has been removed. Wear clean clothes. Do not apply lotions, powders, hairspray, or makeup.

Do not shave the surgical site

Do not eat or drink anything after midnight

- **You may have a small sip of water up to 3 hours before your procedure**

The day of your procedure

If you are taking blood pressure medications, do not take these the morning of the procedure.

You will need a ride home from the hospital. You are not allowed to use Uber, Lyft, or other ride share services

Follow all post surgical instructions you received from your doctor

