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## PREPARING FOR SURGERY

A few simple steps will help make your surgery a more pleasant experience:

Don't eat or drink anything after midnight the night before surgery

Wear a loose-fitting button-up shirt

Do not take any aspirin, aspirin products, Vitamin E or ibuprofen type drugs two weeks before surgery

Someone must drive you to and from surgery

Bring sunglasses with you

Make up cold packs in advance

Clear your social obligations and exercise schedule for a week or two.