

**VIJAY K. ANAND, M.D., F.A.C.S**  
**772 PARK AVENUE, NEW YORK, N.Y. 10021**  
**TEL: 212-452-3005, FAX: 212-452-3660**

### **INSTRUCTIONS PRIOR TO SURGERY**

Please follow the instructions below so you will be in optimum condition for surgery. If these instructions are not followed it is possible that your surgery may not be performed. If you have any questions about the instructions below, please don't hesitate to call Shoni or Christy at 212-452-3005.

- You **CANNOT** take any Aspirin, Motrin, Advil, Alleve or any other pain medication other than Tylenol or Tylenol with Codeine for a full **two** weeks prior to surgery.
- You **CANNOT** take any herbal/holistic medications such as Vitamin E, Ginko Biloba, St. John's Wort, Echinacea, Ginseng, garlic pills and others for a full 2 weeks prior to surgery.
- You **CANNOT** eat or drink ANYTHING after 12am (midnight) the night before surgery.
- Please fill your post-operative medications prior to your surgical date. By law, we cannot call in controlled substances to your pharmacy. Please keep in mind your controlled substance prescription is only valid for 30 days.

**PLEASE NOTE : New York Hospital requires all pre-surgical testing the Friday PRIOR to your scheduled procedure date.**

All labs must be performed within 30 days of your surgical date. Please fax or email the results to me so I can provide them to the hospital.

- You may be asked to see your internist, PCP, family practitioner, or pediatrician for a medical evaluation pre-operatively (pre-surgical testing). If you do not have a doctor or you are from out of the area, one will be recommended to you.
- All pre-surgical testing performed outside our office and pre-operative forms must be completed and faxed to Dr. Anand's office within the required time frame, Attn: Shoni, 212-452-3660(F).
- If required pre-surgically, all cardiac clearances must be in writing by the cardiologist.
- If ordered pre-surgically, chest x-rays **MUST** have a written interpretation or a doctor's prescription that the x-ray was normal.
- Please call the hospital **the day before** your surgery between the hours of **4pm and 7pm** to find out what time you need to report to the hospital, 212-746-5111 or 5065.
- Please make sure you have a responsible adult to accompany you home from the hospital after your surgical procedure. You will not be discharged without a companion.
- **DIRECTIONS TO NEW YORK HOSPITAL/CORNELL MEDICAL CENTER:**
- 525 East 68<sup>th</sup> Street at York Avenue, New York, NY 10021. Tel# 212-746-5111 or 5065.
- On the day of your surgery please report to the L-9 Cantor Ambulatory Center by way of the information desk at the main hospital entrance. They will instruct you on which elevator bank to take to get to L9.

### **THANK YOU**

**If you have any questions, please feel free to call**  
**Amy Miller, Office Manager or Mirna DeJesus, Med Asst.**