



1401 Avocado Ave Suite 810 Newport Beach, CA 92660

Day Before Surgery

- Recommended clear liquid diet
- Acetaminophen (Tylenol) 1000 mg by mouth: 6 a.m 2 p.m 10 p.m
- Gabapentin- 600 mg by mouth before bed- If ordered by Dr. Wirth.
- Hibiclens- shower with first packet of Hibiclens (body use only)
- Nothing to eat or drink after midnight (unless sips with medications approved by anesthesiology team. In most cases the anesthesiology team will reach out to you on this day).
*If Gabapentin is ordered by Dr. Wirth and if you are taking Tylenol in the morning. Make sure to advise the anesthesiology team of this and inquire about taking with a sip of water.

Day of Surgery

- If cleared by Anesthesia take approved medications with a sip of water only. No coffee or other beverages.
- Hibiclens – Shower with second packet of Hibiclens (body use only)
- Bring medications, Identification, comfortable clothing, glasses (do not wear contacts).
- If “Emend” medication is ordered – you will take this 1 hour before surgery after you are checked in at surgery center.
- Acetaminophen (Tylenol) 1000 mg by mouth 1 hour before surgery
- Gabapentin- If ordered by Dr. Wirth 1 hour before surgery