

## Liver Surgery Instructions

It is important that you follow these instructions for a successful surgery.

### Medicines

Tell a member of your health care team about all the medicines that you take, including chemotherapy (chemo), prescription and over-the-counter medicines.

### Stop Taking These Medicines at Least 7 Days Before Your Surgery

Do not take any herbal, holistic or alternative medicines or drinks. These include garlic, ginkgo biloba, saw palmetto or vitamin E. Some of these substances can cause increased bleeding, high blood pressure, stroke, heart attack or other problems during or after surgery.

**Talk with your health care team if you take any prescription blood thinners listed below.**

- Aggrenox
- Arixtra
- Eliquis
- Heparin
- Persantine (dipyridamole)
- Plavix
- Celebrex
- Lovenox
- Pradaxa
- Coumadin (Warfarin)
- Ticlid
- Xarelto

**Do not take non-steroidal anti-inflammatory (NSAID) pain medicines. These can thin your blood and increase your chance of bleeding during surgery.**

**Examples are:**

- Aspirin (Bayer, Ecotrin, Excedrin)
- Naproxen (Aleve)
- Ibuprofen (Advil, Motrin, Nuprin)

**Inform your doctor if you are taking steroids (cortisone, prednisone and methylprednisolone etc.) or any other immunomodulating medications such as biologic agents (infliximab, rituximab, adalimumab, etanercept etc.) or immunosuppressive medications (tacrolimus, cyclosporine, mycophenolate mofetil, azathioprine, sirolimus etc).**

Talk with your doctor about being off chemo before surgery. Most often, patients need to stop chemo 4 to 6 weeks before surgery and sometimes longer.

## Before Surgery

- **Stop drinking alcohol.** Because alcohol is processed in your liver, it is important that you do not drink alcohol before your surgery. This includes over-the-counter medicines that contain alcohol such as Nyquil and other cough syrups.
- **Maintain a healthy diet.** Eating a well-balanced diet low in fat and high in protein can help develop a healthy liver. If your diet is high in fat, your liver can become fatty. Some chemo medicines can also cause a fatty liver. A fatty liver does not recover as well after surgery and can increase your risk for complications.
- **Be physically active.** Walking every day can help improve your lung function before surgery and helps increase your blood circulation.

## After Surgery

- Avoid all alcohol-containing drinks for 2 months after surgery. Alcohol slows the healing and regrowth process of your liver.
- Continue to eat a low-fat, high-protein diet.
- Ask your health care team when you can resume taking blood thinners and other medicines.

## Questions

Most patients ask what time their surgery is scheduled. We will not know the time your surgery is scheduled until the day before your surgery. Feel free to call the clinic with any other questions.