



Preoperative Instructions For Your Surgery

- 1 If you become **sick** (stomach bug, upper respiratory infection, sore throat etc), please call the office. You will likely need to go to your primary care provider to have the illness checked. If you have an infection, we do not want to risk having an infection at the surgical site. Also the anesthesiologists want your airways to be clear, (no matter what type of anesthesia you are having).
- 2 **Do not take traditional over the counter or prescriptive anti-inflammatories** (ASPIRIN, IBUPROFEN, MOTRIN, ADVIL, ALEVE, RELAFEN, NAPROSYN etc.) **TEN days before surgery.** These products can affect the way your blood clots and cause more bleeding in and after surgery.

You MAY take Tylenol up to the day before surgery as needed for pain.

- ❖ If you are on Coumadin or Aspirin therapy as prescribed by your primary care provider, speak to the prescribing doctor directly regarding what to do as far as when to stop your medication before surgery.
 - ❖ **Many supplements (vitamins/herbs)** can react with other medications, prolong clotting time, and increase the affect of anesthesia to be safe, avoid taking them **TEN days before surgery unless otherwise directed by your medical doctor.**
- 3 Prior to surgery you will come in for you pre-operative visit. During this visit you will be given Prescriptions for medications to be taken **AFTER** surgery. In many cases, you will be given an anti-inflammatory to help reduce swelling and pain. You will also be provided a narcotic pain killer to help decrease the acute pain and discomfort you may experience post-operatively. **While all these medications are for after surgery, get them filled before surgery** so that you will have them when you get home from the hospital.
 - 4 You will come into the office **within 10 days** AFTER surgery for a follow-up appointment. You may remove the bulky dressing 3 days after surgery BUT leave the steristrips over the wound in place.
 - 5 All patients WILL need to have blood and urine tests before surgery based on hospital or surgery center requirements. If you are over the age of 40, you will need to receive medical clearance from your primary care physician (PCP). You will be provided with a letter to bring to your PCP. **All patients at minimum will need blood work done within 30 days of the date of surgery.** Your doctor should forward the test results directly to the surgery scheduler.

- 6 For the five days before surgery, wash the entire extremity where the surgery will be performed thoroughly with **HIBICLENSE** soap once a day while you bathe. Hibiclense is a strong anti-microbial soap which decreases the bacteria on your skin to further help prevent infection. You can purchase it over the counter at the pharmacy and can pick up your prescriptions for after surgery.
- 7 Remove all finger and toenail polish on the extremity that is being operated on prior to surgery so that the circulation in your extremities can be monitored.
- 8 **The time of your surgery will be given to you the AFTERNOON BEFORE SURGERY.** Due to possible emergencies, the hospital does not release the confirmed times for surgery until the day before the surgery.

THE DAY OF SURGERY

- 1 The **MOST** important thing to remember is: **DO NOT EAT OR DRINK ANYTHING ON THE DAY OF THE SURGERY.** Specifically do not eat or drink after midnight the night before the surgery. **THIS MEANS NOT EVEN COFFEE OR WATER, etc.** You may brush your teeth; just **DO NOT SWALLOW ANY WATER.** **If you do eat or drink, your surgery will be cancelled by the anesthesiologist.**
- 2 If you take medication on a regular basis, ask your medical doctor whether or not it is advised you take it on the day of your surgery. If you do, take it with only enough water to comfortably swallow the medication.
- 3 If you typically wear contacts, wear glasses on the day of the surgery.
- 4 Do not bring valuables, including jewelry, and large amounts of money with you to the hospital. If you are spending the night, you may want to bring a small amount of money to activate the television service or use the gift shop.
- 5 Wear comfortable clothing such as sweatpants or loose fitting pants if you are having knee surgery or a button down shirt which will easily fit over your bulky dressing if you are having shoulder surgery. If you will be spending the night in the hospital, remember to bring toiletries as well as shorts and comfortable sturdy shoes to walk in if you are having knee surgery.
- 6 At the hospital on the day of surgery, you will be prepared for surgery in the pre-op area. It is during this time that you will meet with the anesthesiologist. He/she will discuss with you the options of anesthesia and help you decide which type will be best for you.
- 7 After surgery you will be taken to the recovery area. You will be in this area for approximately **1-2 hours** as your anesthesia and vital signs are monitored.
- 8 If you are not spending the night in the hospital, you will be discharged from the recovery room. **YOU MUST HAVE SOMEONE PICK YOU UP AND TAKE YOU HOME FROM THE HOSPITAL.**