

PRE-OPERATIVE INSTRUCTIONS

- 1) As soon as you know the date of your surgery, see your family doctor to be medically cleared for surgery. This appointment should be done about 14 days before surgery and the clearance note sent to our office 1 week before surgery. Inside the blue surgery packet is a clearance form you should take to your doctor. If for some reason you are not cleared, please let the office staff know as soon as possible so we can reschedule your surgery until you are cleared. Failure to get clearance will result in canceling your surgery. Some patients may not require clearance if they are under 40 years of age and relatively healthy. We will discuss this with each patient.
- 2) If you smoke, it is important to stop smoking at least 2 weeks prior to surgery. Smoking interferes with healing.
- 3) You will be notified what time to be at the hospital and approximately what time your surgery will be scheduled. We understand that you may have family members who wish to stay with you and we try to stay on schedule, however the actual surgery time may vary.
- 4) The anesthesiologist may call you at home the night before your surgery. You will see him the day of your procedure. If you have questions, please write them down so you can discuss them. Also have a list of your current medications available to review them with the anesthesiologist.
- 5) If you will not be home the night prior to surgery, please let the office know the phone number where you will be staying so we can contact you if necessary. We will also give the number to the anesthesiologist.
- 6) Do not eat or drink anything past midnight. This includes water and gum chewing. If we know your surgery will be late in the afternoon, we will specifically instruct you as to what and when you can eat. If we don't, then again, nothing to eat or drink after midnight. Please keep in mind it is impossible to give you an exact time for surgery to occur. Generally, 12 hours prior to the time you are to report to the surgery facility you may have a regular meal, 8 hours before you may have a light meal such as toast or bagel with jelly, black coffee or tea, or clear juice. No dairy products or protein foods. Any questions please call our office.
- 7) Five to seven days prior to surgery discontinue all over the counter or prescription anti-inflammatory medications and herbal supplements. In the blue folder there is a list of common medications. You will also need to stop any blood thinners, but this must be in conjunction with the doctor who prescribed the medication. You may continue to use Tylenol or Extra-Strength Tylenol.
- 8) The day of surgery, patients who are insulin dependent diabetics need to take ½ your normal morning dose unless your family doctor suggests something else. If you have any questions or concerns regarding this, then let the office know. If you are taking an oral diabetic medication, please contact your family doctor.

- 9) You may take your morning medications with a very small sip of water.
- 10) You may brush your teeth and use mouthwash, but do not swallow.
- 11) If you take any prescription medications, please either bring a list with dosage and directions or the medicine bottles with you to the hospital. Most people don't know this information off hand and we will need it.
- 12) After your surgery is over, you will either go back to your room or the recovery room. You will be monitored until you are recovered enough to go back to your room. Please have your family and friends stay in the family waiting area so that the surgeon will be able to find them after the surgery to tell them of your condition.
- 13) If you are a day surgery patient, you will be allowed to leave when you are fully awake and meet the post-operative requirements of the surgeon and anesthesiologist. The hospital nurses will assist you in meeting these goals. For those spending the night or several nights, you will be transferred to the room where you will be staying the duration.
- 14) Please make sure you understand the potential benefits and risks of the planned surgery. If you have any questions call the office and we will be happy to discuss them with you or set up a visit in the office to go over them. It is very important that you feel comfortable with your decision for surgery and that you understand what will be done. Your cooperation and participation will affect the outcome of your surgery.
- 15) Below is a general list of items you may want to bring with you on the day of surgery.
 - a. List of medications or the medication bottle.
 - b. Loose fitting clothes to wear home. Sweats work well as they will usually fit over a cast or splint.
 - c. Personal items (toiletry type items) to make you feel comfortable.
 - d. Crutches, post op shoe or boot if given.