



Name: _____

Pre-Op Date: _____

Surgery Date: _____

Post-Op Date: _____

Therapy Date: _____

PRE-OPERATIVE INSTRUCTIONS

What to Expect Before Surgery

Weeks Before Surgery

- After you have discussed surgery, you will get a phone call from the scheduler at our office. We will schedule the actual date for surgery, the facility it will be done at, and discuss the expected payments for professional fees.
- You will be notified of the exact time for surgery closer to the actual surgical date.
- If your surgery is more than 4 weeks away, a staff member may schedule another appointment with you closer to the day of surgery.
- Some surgeries may require **“medical clearance”** and/or **“dental clearance”**. Your surgeon or office staff will let you know if this applies to you. This must be obtained at least 1 day prior to surgery. If is not obtained, your surgery date will be rescheduled until it is completed.
- Some surgeries may also require bloodwork/labs. Again, your surgeon or office staff will let you know if this applies to you. This could require you to visit an outside facility (Quest, LabCorp, Primary Care Doctor, etc.).
- If you are receiving hormone replacement therapy or taking medications for rheumatoid arthritis, these may need to be stopped 3 weeks before and after surgery to reduce the risk of blood clots, infection, and wound healing problems. Please let us know if you are taking these medications, and we will work with your primary care provider or specialists to determine an appropriate plan.
- If you are taking any vitamins, minerals, or herbs, please discontinue 3 weeks before surgery.
- **Arrange for transportation to and from the facility you will be having surgery.** You will not be able to drive yourself home due to the effects of anesthesia and pain medications. Taxis and ride share services such as Uber and Lyft are not permitted.
- **Arrange for help in the days or weeks after surgery.** You will not be able to drive and limited in mobility initially after surgery. Friends, family members, coworkers, and/or neighbors can all be of assistance. If you live alone, arrange for someone to stay with you or visit frequently following surgery.
- **If you have any questions during the entire process, please do not hesitate to call our office and ask.**

One Week Before Surgery

- **At least 7 days before surgery, stop any GLP-1s (Ozempic, Wegovy, etc.) or SGLT2s (Jardiance, etc.). Not doing so will result in likely postponement of surgery.**
- 5 days before surgery, stop taking all NSAIDs (Aleve, Motrin, Ibuprofen, Naproxen, etc.).
- You may continue to take Tylenol.
- You may continue to take 81mg aspirin only.
- If you are on a higher dose of aspirin or other types of blood thinners (Plavix, Pradaxa, Xarelto, Coumadin, etc.), you will be instructed on when to stop by your primary care physician, cardiologist, or other specialist.
- Continue all other medications (heart meds, diabetes meds, blood pressure meds, etc.) as normally prescribed.

Night Before Surgery

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**
- Take a shower and perform hygiene as normal, but **do not shave the surgical site**. If you do shave the surgical site and the skin is damaged in anyway, this could result in surgery being re-scheduled. We will shave the area prior to surgery, if needed.
- Take your normal evening/night medications if they were not listed above to discontinue.



Orthopedics & Sports Medicine

Day of Surgery

- Take your normal morning medications with a small sip of water if they were not listed above to discontinue.
- Do not wear any facial make-up, lipstick, and/or jewelry.
- Do not use any powders, colognes, perfumes, or lotions.
- Please bring a photo ID and any insurance cards or information with you to the surgery facility.
- Upon arriving at the facility, you will be prepared for surgery by the medical staff. Your surgeon will speak with you in the pre-operative area prior to surgery and answer any additional questions you may have.
- After surgery, your surgeon will talk with you in person and/or on phone. You will be provided with specific post-operative details and instructions at that time. Any additional questions can also be answered.
- We want you to be discharged home after surgery. **You must have transportation arranged to take you home.** Taxis and ride share services such as Uber and Lyft are not permitted.

Other Considerations

- Smoking and nicotine use cause breathing problems, increase the risks of complications from surgery, and slow recovery and healing. Smoking and nicotine also increase the risk of infection and blood clots after surgery. **If you smoke or use nicotine in any form, we strongly encourage you to quit at least 6-8 weeks prior to surgery.**
- If you are diabetic, it is important to have your blood sugars well-controlled. An optimal HbA1c for surgery is below 7.0. Poorly controlled diabetes will increase the risk of wound complications and infections.
- It is important to maintain a healthy weight and active lifestyle. Weight gain and an increased body mass index (BMI) are associated with wound complications, infections, and worse outcomes following surgery. Please remain as healthy and active as possible in preparation for surgery.

Billing

- Prior to surgery you will get a call to discuss expected payments and due dates for our professional fees
- In addition, your surgeon may use a surgical assistant. You may receive an explanation of benefits from the insurance provider or statements regarding charges from the surgical assistant.
- At a minimum, you will be paying or getting bills from 1) your surgeon, 2) anesthesia, and 3) surgical assistant, if applicable. You can expect bills to arrive 30-90 days after surgery
- Please be aware you may also receive additional statements and invoices from the hospital, surgery center, lab, and/or radiology related to surgery. We do not control these services, and they are administered based upon each facilities' requirements
- **Please do not hesitate to reach out with any questions or concerns.** We will do our best to accommodate you.

Contact Information

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