



THE CENTER

...where excellence in orthopaedics and wellness converge

INSTRUCTIONS FOR BEFORE AND AFTER YOUR SURGERY

The following is to provide you with important information regarding your surgery. Please see your surgery packet for date, time and location of your scheduled surgery.

1. You will need someone to transport you to and from your surgery and stay with you through the first night.
2. It is **very important** that you **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** the night before surgery. This includes water, coffee, mints, gum, etc. You may brush your teeth but please be sure you do not swallow.
3. You must **stop ALL** aspirin and/or anti-inflammatory medication you may be taking (for example Aleve and Ibuprofen) 10 days prior to your surgery. You may take Tylenol if needed. Please contact the nurses at the surgery facility if you are taking any other medications. They will inform you of which medications you should and should not take.
4. If you are being treated, or have been treated in the past, for ANY heart conditions, diabetes or pulmonary conditions, please obtain clearance for surgery from your treating physician. They may request that you schedule an appointment with them to verify that you can be cleared for surgery.
5. Please contact the pre-surgery department at the facility where you will have surgery to register prior to your surgery. They may request that you schedule an appointment to see them.
6. If you have been given equipment such as crutches, TED stockings, walking boot, sling, etc, please be sure to **bring them to surgery with you.**
7. It is recommended that you have ice packs or a similar substitute available for use after surgery.
8. Please follow your physician's instructions regarding your prescription pain medication. **NOTE:** We do not refill prescriptions after hours or on the weekends, so we advise you to call ahead for a refill. Please contact your pharmacy for a refill request as they will fax our office a request that can be presented to the ordering physician.
9. Please note that if you received a block during your surgery, you may have numbness of that area for up to 48 hours post surgery.
10. Patients having lower extremity procedures should be sure to elevate the extremity above the heart frequently throughout the day. It is also important to walk around every couple of hours (non weight bearing on the surgery extremity) for brief periods of time.
11. When bathing/showering, be sure to keep incisions dry until the sutures are removed. **DO NOT** take the cast or splint off at any time and be sure to keep it dry. The best way to do so is to wrap it in plastic. You may want to consider a cast cover which can be purchased at medical supply stores, drug stores, etc. If you have had shoulder upper extremity surgery, do not shower with the sling. For upper extremity total replacement surgery, do not shower for 3 days (you may sponge bathe.)

Please contact our office at 719-623-1050 if you have any further questions.

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