

Preparing for Surgery

Pre-Operative Instructions

Your physician will provide detailed instructions that may be specific your surgery. Please know that the following information serves only as a general guideline. Before your surgery, you will receive a phone call from the surgical pre-operative staff regarding preoperative instructions. Basic instructions generally include:

- Do not eat or drink anything after midnight the night before surgery (including drinking water, chewing gum, eating hard candy or chewing tobacco). Brushing your teeth is permitted but do not swallow any water. Eating and drinking can cause serious complications and/or cause your surgery to be delayed or cancelled. We ask that you refrain from smoking after midnight the night before your surgery.
- Do not drink alcoholic beverages 24 hours before surgery.
- If diabetic, do not take your morning medications (either insulin or medication by mouth) the morning of the surgery. Please bring your medication(s) with you to the surgery center.
- If you take medications for your blood pressure or heart, please consult with your surgeon first.
- We recommend holding NSAIDs, aspirin or herbal supplements 24 hours prior to surgery. These products could prolong bleeding time therefore might need to be discontinued prior to your surgery.
- Take a shower or bath, but do not apply lotions or powder. This will minimize the chance of infection. Do not wear make up, jewelry or contact lenses. Remove all nail polish.
- Leave all of your jewelry at home. You will be required to remove all of your clothing before the surgery and wear a patient gown. Wear comfortable clothing and a button down shirt if having shoulder or elbow surgery.
- Notify us if there is any change in your physical condition such as cold, fever, sore throat, rash, nausea, vomiting, or exposure to chicken pox.
- A responsible adult must be available to receive instructions about your care and to drive you home from the surgery center after your surgery. If a responsible adult is not available, your surgery will be cancelled. We strongly suggest a responsible adult stay with you for 24 hours after surgery.
- Understand that if complications arise, a hospital transfer and admission may be necessary following surgery.
- If you were given crutches and/or a walker at your office visit, please bring to your surgery.

Recovering from Surgery

Your post-operative care is specific to your surgeon and your condition. Your physician writes specific post-operative directions for you and for your physical or occupational therapist, if needed. Please ask your physician about your individual post-operative instructions.