

ORTHOPAEDIC SURGICAL CONSULTANT, PC  
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### PRE-OPERATIVE SURGERY INSTRUCTIONS

PLEASE OBSERVE THE FOLLOWING INSTRUCTIONS, AND CALL YOUR DOCTOR IF YOU HAVE ANY QUESTIONS  
As we have discussed, on \_\_\_\_\_ you are scheduled for surgery at

Lutheran Medical Center - 150 55<sup>th</sup> Street, Brooklyn, New York.

To make your experience as pleasant as possible, I have prepared this information for your benefit.  
Feel free to call if you have any questions.

You will be required to visit the hospital 3-7 days before your scheduled date of surgery for pre-  
admission testing. Your appointment has been scheduled for \_\_\_\_\_ at \_\_\_\_\_.  
You must go to the 1<sup>st</sup> Floor Suite A. Please bring all necessary insurance information.

Blood tests and a urine analysis are required of all patients and will be done at this time. In some  
cases, a chest X-ray and/or Electro-Cardiogram will also be done in addition.

For patients undergoing knee surgery, you will visit with the physiotherapist who will teach you crutch  
walking techniques and you will also be issued a pair of crutches. Bring these with you on the day of  
surgery.

As of Midnight the night before surgery, YOU MUST  
NOT EAT OR DRINK ANYTHING. Even a mouthful of  
water before you leave the house to go to the  
hospital may cause unnecessary delays or even  
canceling your surgery that day.

The hospital will call you the day before surgery to  
tell you what time to be there for surgery. Please be  
at the hospital promptly the day of surgery.

If you are planning to return home the same day, it  
is important to have someone available to drive you  
home. YOU ARE NOT ALLOWED TO DRIVE YOURSELF  
HOME.

Before surgery, report any changes in your health  
to your surgeon immediately. If you have a cold or  
any signs of infection (toothaches, large boil,  
fever, temperature, etc.), please call the office and  
appropriate action can be taken.

Keep all post operative surgical dressings clean  
and dry.

It is your responsibility to contact your insurance  
company to inform them of surgery. If they have any  
questions regarding the procedure, please have them  
call us.

Stop taking all aspirin and anti-inflammatory  
products (e.g. Motrin, Ibuprofen, Naprosyn, etc.) at  
least 7 days before surgery.

If you need to take medication the morning of  
surgery, this medication may be taken as prescribed  
with a sip of water. If you are diabetic, do not take  
diabetic medication the morning of surgery.

If for some reason you cannot make your scheduled surgery, please advise our office as soon as possible so that  
appropriate arrangements and adjustments in schedules can be made.

Take the following medications as directed:

Bextra™ 10mg

Bextra™ 20mg

QD

BID

Celebrex™ 200mg

QD

BID

Please call your Doctor, after surgery to schedule your Post-Up appointment.



TF1530

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Confidential Treatment Requested  
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