

ORTHOPAEDIC SURGICAL CONSULTANT, PC  
**Pre-Operative Surgery Instructions**

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**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 the Hospital \_\_\_\_\_

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 result in 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, 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.

