

BAY RIDGE ORTHOPAEDIC ASSOCIATES, P.C.

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PRE-OPERATIVE SURGERY INSTRUCTIONS Victory Memorial Hospital

PLEASE OBSERVE THE FOLLOWING INSTRUCTIONS, AND CALL YOUR DOCTOR IF YOU HAVE ANY QUESTIONS

- Do not drink alcoholic beverages for 24 hours.
- Do NOT change your dressings until you are seen by your doctor.
- Do not drive a motor vehicle for 24 hours
Or operate any machinery or power tools on the day of Surgery.
- Keep your dressing DRY.
- Avoid staying alone. Be very careful walking or going up Or down stairs.
- Elevate the part that was operated.

Take the following medications as directed:

<input type="checkbox"/> Bextra™ 10mg	<input type="checkbox"/> Bextra™ 20mg	<input type="checkbox"/> QD	<input type="checkbox"/> BID
<input type="checkbox"/> Celebrex™ 200mg		<input type="checkbox"/> QD	<input type="checkbox"/> BID

Other special instructions _____

Pre-Surgery: 1. All patients are required to have Pre-Admission Tests.

- a. Call Family doctor – does he prefer to do the tests. (If yes, follow sample letter in Surgery Clearance Folder.)
- b. If tests are to be done at Victory Memorial Hospital: Preadmission testing will contact the patient directly to set a date and time for the tests. **If you prefer, you may call 567-1202 to set up the appointment.** Patient must pick up necessary papers from Bay Ridge Orthopaedics to bring to Victory for the Preadmission tests.

No Food OR Liquid From Midnight Before the TESTS.

2. **Cancellations** must be made before Preadmission tests are done.

3. Patients will be called at to the time of admission on the day of Surgery. **NO FOOD OR LIQUID FROM MIDNIGHT BEFORE.** Patient goes directly to Admitting Office.

4. On Day of Surgery, patient must arrange to be picked up at time of discharge.

IT IS THE PATIENT'S RESPONSIBILTIY TO CALL THE INSURANCE COMPANY TO ADVISE THEM OF THE DATE & TYPE OF SURGERY.

If the medication you have been given does not seem to be taking care of the problem, or if you are experiencing any difficulty in breathing, chest pain, or bleeding that you feel is excessive:

Please call Dr. _____ Telephone # 718-238-2662

If necessary, you may report at any time, 24-Hours-A-Day, to the Emergency Department, and you will be taken care of at once.

Additional Advice from your doctor After Surgery

- 1. **Keep the Limb elevated. (A) Lower Limb - Elevate ankle on a pillow. Do Not let limb hang down - except during ambulation. (B) Upper Limb- Keep hand higher than elbow at all times. When lying down, point hand toward the ceiling.**
- 2. **Call our office for a prescription if needed.**
- 3. **Call our office for an appointment for your first visit after surgery.**
- 4. **DO NOT** get wound or bandage wet.
- 5. **DO NOT** change or remove bandage.
- 6. **Observe limb for circulation. If you note marked swelling, discoloration, coolness or numbness, call the office immediately.**

