

General Pre-Operative Instructions

The general pre-operative instructions are listed below. Your specific procedure may include additional instructions or modifications to these instructions before your surgery.

SEVEN_days prior to surgery please stop taking any aspirin or anti-inflammatory products such as Advil, Ibuprofen, Motrin, Aleve, etc., or any other herbal supplements containing Vitamin E. This does not include Celebrex.

DO NOT_eat or drink anything after midnight the night before your surgery. This includes water, coffee, tea, gum, candy, breath mints, cough drops, etc. If you are currently taking medication for high blood pressure, you may take this early on the morning of your surgery with a very small sip of water.

Please inform the office if you are taking any diet pills or herbal supplements regardless if it is a prescription or over-the-counter product. You must stop taking any diet pills at least 14 days prior to your surgery. If you choose not to stop taking these products, your surgery may be postponed or cancelled secondary to risk of possible cardiac problems that may arise during surgery.

KNEE SURGERY PATIENTS Please wear shorts, sweats, or other loose fitting clothing. You will have a bulky post-op dressing and possibly a post-operative brace. Your clothing must allow for these conditions. If you have crutches please bring them with you the day of your surgery or they will be provided for you.

SHOULDER AND ELBOW SURGERY PATIENTS Please wear a loose fitting button up shirt to assure your comfort and ease following the surgery. You will have a bulky post-op dressing as well as either a sling or an immobilizer after surgery.

If the patient is a minor (under the age of 18), he or she must be accompanied by a parent or legal guardian. The guardian must show proof on the day of surgery with legal documents confirming he or she is a legal guardian of the patient.

You cannot drive yourself home from the hospital or outpatient surgical center. Please make arrangements to have a parent or guardian or someone over the age of 18 take you home after surgery.

Please be aware that you cannot have any dental work done for at least six weeks following surgery. Having dental work done increases the risk of infection after surgery.

Please alert the office if you are diabetic, taking any regular medications for high blood pressure or any other cardiac condition, or are taking any type of medication that is a blood thinner, i.e., Coumadin, Plavix, etc. Special conditions exist for these medications and medical conditions that may require prior approval from your ordering physician or an internal medicine physician.