

# **Appalachian Orthopedic Center**

## **Pre/post Operative Instructions**

The following information will help prepare you for your surgery. It is important that you follow these instructions carefully.

### **Pre-Procedural Testing**

All tests must be completed absolutely no less than 1 week prior to surgery.

Tests completed less than 1 week before your scheduled surgery may cause your surgery to be cancelled!

Please report to Carlisle Regional Medical Center lab facility or the lab required by your insurance company for your blood tests, EKG and x-ray ordered by your physician.

All test results are reviewed by your surgeon and the anesthesia personnel. If there are test results in question, or if you have a significant medical history, you may be asked to see your family physician or cardiologist for medical clearance prior to proceeding with your surgery.

Please request that the hospital or lab fax your test results to 717-249-6235. Feel free to call our office at 717-249-6112 with any questions you may have regarding pre-operative testing requirements.

### **Eating/Drinking**

For your safety, we have some strict rules about what you should eat or drink in the hours before surgery.

If you will be receiving anesthesia (general, monitored anesthesia care or IV sedation):

Do not have anything to eat or drink after midnight the evening before your scheduled surgery. Do not chew gum or hard candy. The only exception is small sips of water if needed to take morning medications.

If these instructions are not followed properly, your surgery may be cancelled. If you have any questions regarding these instructions, please call Appalachian Orthopedic Center at 717-249-6112.

### **Transportation**

Every patient must have transportation arrangements made ahead of time. Patients may not drive after anesthesia.

If you are having general anesthesia, an adult (18 years or older) must stay with you for 24 hours after your procedure.

If you are having IV sedation, an adult (18 years or older) must stay with you until bedtime.

If you don't have a responsible adult to drive/care for you, your procedure will be cancelled.

## **Medications**

Please bring a list of all prescription and over-the-counter medicines you are currently taking.

- Diabetic Patients

If you are a diabetic, you will receive specific pre-operative instructions prior to surgery.

- High Blood Pressure Patients

Take your medication at your usual time with a small sip of water.

- Heart Medications

Before stopping any medications, contact your family physician or cardiologist.

If you are taking Plavix or aspirin because of a stent in the last year—DO NOT STOP your medication. You must contact your physician of care for instructions.

- Blood Thinners

Do not take aspirin or anti-inflammatory medications such as Advil, Ibuprofen, or Aleve for ten (10) days prior to your procedure. If you are taking Coumadin, your physicians or surgeon will advise you of when to stop taking your Coumadin and whether you will need a laboratory test completed before the procedure (INR test).

- Seizure Patients
- Take your medication as directed with a sip of water only.

Please stop all herbal supplements and Vitamin E products ten (10) days prior to your surgery (garlic, fish oil, glucosamine, green tea and St. John's Wort)

Please contact Appalachian Orthopedic Center if you are receiving antibiotic treatment for any condition.

## **Clothing/Hygiene**

Do not wear contact lenses, makeup, jewelry, nail polish, body piercings or hair barrettes the day of your surgery.

For lower extremity surgery, we recommend wearing shorts or wide-legged pants or sweatpants.

For upper extremity surgery, we recommend a button-down, sleeveless, short-sleeved or wide-arm shirt.