



SURGERY DATE: \_\_\_\_\_

### PREOPERATIVE INSTRUCTIONS

**VERY IMPORTANT – PLEASE READ: COMPLETE ORTHOPEDIC'S office will call you with your time for surgery, typically the day before your scheduled surgery.** They will go over any instructions you need to know and answer last minute questions you or your family may have. They can be reached at **(631)981-2663.**

**Pre-Admission Testing:** The PAT nurses call all patients several days prior to scheduled surgery to obtain their history and physicals and schedule any necessary tests. If you require pre-admission testing, which normally will include lab work, EKG and chest x-ray, the surgery center will assist you in setting this up. You **MUST** bring a list of all your current medications and dosages with you. Per anesthesia guidelines, preadmission testing is required for patients over the **age of 65** and if you have not had an EKG within the previous 12 months, this will be required.

#### **Preparing for Surgery:**

- **DO NOT EAT OR DRINK ANYTHING AFTER 12 MIDNIGHT THE NIGHT BEFORE SURGERY.**
- **Please bring your divers license or appropriate identification and insurance card.**
- Do not bring any valuables, money, credit cards, jewelry, cell phones, pagers, checkbooks, wallets or pocketbooks to the surgery area. Please bring cases for glasses, contact lenses and dentures. (if a co-pay is required please bring this)
- Remove all make-up. Please remove any hairpins or jewelry. All body piercings must be removed prior to arrival at the hospital.
- Bring any medications you take regularly with you to the hospital.
- Wear something comfortable. Jeans are very difficult to put back on after surgery, particularly if you are having knee surgery.
- Please arrange for an adult to drive you home after surgery. **YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME, TAKE A CAB OR USE PUBLIC TRANSPORTATION. YOU WILL NOT BE ALLOWED TO HAVE SURGERY UNLESS TRANSPORTATION ARRANGEMENTS HAVE BEEN MADE.**
- If you become ill with fever, cold, sore throat or other illness, please call the office. Also, if you have a rash near the site of surgery, please call us. If you arrive at the hospital sick or with a rash your surgery will probably be cancelled. If in doubt, call us!
- After your surgery is finished, The physician will talk to your family/friends to let them know how the operation went.
- The nurses will give you written and verbal discharge instructions. You will also be given a prescription for pain medication and in most occasions an antibiotic.

- **YOU WILL BE REQUIRED TO FOLLOW-UP WITH DR. \_\_\_\_\_ IN THE OFFICE IN 7-10 DAYS FROM YOUR SURGERY.** I advise that you make this appointment prior to leaving today or call immediately and schedule your post-op visit for one of the very early morning appointments so that you can be one of the first patient's on the schedule and not have to wait. Advise appt: \_\_\_\_\_
- If you have questions or concerns about your surgery, please feel free to call Complete Orthopedic's at 631-981-2663

### **POST-OPERATIVE INSTRUCTIONS (after surgery)**

You can remove your dressing **3** days after surgery and shower. Be sure to place a band-aid over the incision site. Do not scrub the area when you shower and simply PAT dry.

If you have had arthroscopy, you can expect some drainage on the dressing. If drainage continues after removal of the dressing and shower, please call the office.

### **Medications/Diet:**

- Eat only light, non-greasy foods today.
- Take your pain medications as prescribed and take with food. While on pain medications you **MAY NOT**
  - Operate a motor vehicle
  - Drink alcoholic beverages
  - Make critical decisions or sign legal papers.
- **We will e-scribe your medication to your pharmacy of choice.**
- Keep in mind, narcotics do tend to cause constipation in some patients so you might be advised to start an over-the-counter stool softener as well.
- If you have any reactions to your medications, stop them immediately and call our office.

### **Emergency Follow-up:**

- Please call the office at (631)981-2663 if you develop any fever of **101 or above**, unexpected warmth, redness or swelling of your extremity. Please call if your fingers or toes become cold, purple, numb or there is excessive bleeding.

