

## **GETTING READY FOR SURGERY**

### ***Information you need to get ready for, and deal with, surgery***

#### Pre-Surgery Preparation

What you should know prior to your surgery with OS:

- In most cases, you will be given literature specific to your surgery.
- You will need to arrange a ride home for the day of surgery if you are an outpatient, and for the expected discharge date if you will be an inpatient.
- Do not eat or drink anything after midnight the night before your surgery, unless otherwise instructed by an authorized person. Please review preoperative guidelines for inpatient and outpatient surgery if you receive them.
- Please discontinue any medications listed prior to surgery. Aspirin and other non-steroidal anti-inflammatory Drugs (NSAIDS) can affect the function of the platelets in your blood and cause bleeding. To reduce the chance of excessive bleeding during surgery, please avoid all NSAID medications at least seven (7) days prior to your surgery.
- Some herbal preparations can also cause bleeding, so we recommend stopping natural herb supplements, including the following: St. John's Wort, Ginko Biloba and Feverfew.
- Vioxx and Celebrex are two NSAIDs that are in a different classification of drugs, and may be taken up until the date of your surgery and afterwards.
- Tylenol products typically do not affect surgical bleeding and can also be taken before surgery.

If you have any other questions prior to surgery, you may contact our office during the regular business hours at (563) 344-9292 or toll free at 800-292- 5836.

#### Preparing Your Home For Arrival After Surgery

- Depending on the surgery you have, you may need assistance with bathing, personal hygiene, yard work, grocery shopping, housework and laundry, pet care, and other activities of daily living. Please try to make arrangements in advance in order to assist you in these areas.
- Crutches and walkers are used routinely after surgeries on the lower extremities. Look around your house and remove any items which may pose as a hazard or trip you. Make rearrangements of furniture in order to give more room for maneuvering. Remove all throw rugs and place items you use regularly within an arms reach. Night lights may be used in hallways or dimly lit areas in order to prevent other accidents.



## Post Operative Information

- Please keep these things in mind to help you get started on a speedy recovery after your surgery:
- If you are having difficulty with regards to pain management or nausea and vomiting, please call our office at (563) 344-9292 or 800-292-5836.
- Try to rest approximately 24 hours after your surgery in order to minimize bleeding or swelling and prevent nausea and vomiting.
- Ice and elevate the affected extremity.
- Follow through with physical therapy per your physicians recommendations.
- Follow any discharge instructions given to you by the facility where your surgery was performed.

If you have any other questions please contact our office during regular business hours.