



**Dr. Sandmeier • Dr. Hwang**

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## Pre-Op Instructions & Checklist

Patient's Name: \_\_\_\_\_ Surgery date: \_\_\_\_\_

1. Your surgery has been scheduled at the following facility. You will be contacted about the time of your surgery. Please arrive at the main admitting desk at least 1-2 hours before your surgery time.  
 **Alberty Surgical Center** (1 hr. prior)    **St. Vincent Hospital** (2 hrs. prior)    **Good Samaritan Hospital** (2 hrs. prior)
2. Please **be available** by phone the night before/day of surgery in case there is a change in the schedule which may require you to arrive earlier/later. The Anesthesiologist may contact you before surgery to review your health status.
3. **EATING & DRINKING. Do not eat or drink anything after midnight before your surgery.** This means no coffee/tea, juice, water, food, hard candy or even chewing gum.
4. **MEDICATIONS.** Please discontinue taking **aspirin** or any product containing aspirin one week prior to surgery. The non-steroidal anti-inflammatory (**NSAID's**) medicine such as Advil, Motrin, Aleve, Ibuprofen should be discontinued 24 hours prior to surgery. If you are currently taking Coumadin/Warfarin, we will have to coordinate that with your PCP &/or the Anticoagulation Clinic. Please discontinue all **herbal supplements & Vitamin E** two weeks prior to surgery as they may interfere with the anesthesia. If you take **any other medications**, please check with your primary care doctor—some medicine should wait to be taken until after surgery. If you have a medicine that needs to be taken that morning, you may take it with a sip of water. **\*\*\*It is imperative that we have a current detailed medication list with doses & directions.**
5. You will be given a surgical scrub brush to wash the surgical body part and surrounding area the day before and morning of surgery. This is an anti-bacterial soap that will help kill germs & reduce the risk of post-op infection. **DO NOT SHAVE** the surgical area for three days before surgery, as this can leave small openings in the skin which can be entry points for bacteria.
6. Wear loose fitting, **comfortable clothing** to the hospital. A gown and robe will be provided for you upon arrival. Please do not bring anything valuable—leave jewelry & valuables at home.
7. Please arrange for a family member or a friend to take you home a few hours after surgery. **All patients must be accompanied by an adult escort for discharge.** You will not be allowed to drive yourself home nor take a taxi/bus if you are alone. If you need **crutches**, they will be supplied by the surgical facility upon discharge.
8. Please notify us immediately if you have developed any type of **illness or infection** (flu, cold, fever etc). We would also like to know if you have an open sore, rash or skin irritation near the surgical site.
9. Do not make any sudden changes in your diet. Eat as you normally would and try to keep your diet consistent. See the enclosed handout (pink sheet) from our **Nutrition** Department for some post-op **guidelines**.
10. Your 1st **Post-op appointment** has been made to come see us in 1-2 weeks (see enclosed index card).
11. Your physician may have you wear a special knee brace or deluxe sling after your surgery which will be provided to you before surgery and you will need to bring it to surgery with you. There is a brochure about an ice/compression machine that many patients like to purchase to help with their post-operative pain and swelling. If you're interested, you may contact the representative directly to purchase one.
12. Please **read your Post-op Instructions** before your surgery so that you know what to expect. If you have any further questions, please don't hesitate to contact us at (503) 293-0161. **We wish you a speedy recovery.**