



EVANGELISTA ORTHOPEDIC CLINIC

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THE DAY BEFORE AND MORNING OF SURGERY WHAT TO DO AND WHAT TO EXPECT

- After **midnight, do not eat or drink anything**, regardless of the time of day for your surgery. Your case will be cancelled if you eat or drink after midnight. This is done for your safety.
- Get a good night's sleep
- You will be contacted about the start time of your surgery, arrive two and a half hours before surgery
- Medications: You will be provided with information on what medications to continue and which ones to stop prior to surgery
 - **Stop 7 days before surgery:** NSAIDs, birth control, male or female hormones, vitamins, all herbal medication, joint supplements, antiplatelet agents (discuss with physician prior to stopping), anticoagulants (this will require further discussion with your surgeon and prescribing physician)
 - **One day before surgery:** Stop ACE-Inhibitors, stop oral diabetes medications, continue beta-blockers
 - **Insulin:** Do not take normal dose, contact the prescribing physician for advice
 - **DMARDs:** For patients taking these medications, generally stopping 4-6 weeks before surgery and for 2 weeks after is necessary, this discussion can be had with your prescribing physician and surgeon before surgery
- What to Bring:
 - Photo ID and insurance card
 - Cell phone
 - Family member or friend
 - Cane or crutches, if you have them
 - Dress in loose-fitting pants, elastic waist bands are ideal
 - Bring shoes with a non-skid sole, such as sneakers
 - Leave valuables at home, including or jewelry
- Day of surgery expectations:
 - Anxiety and nervousness are common human emotions, especially in new and unfamiliar situations, such as undergoing surgery. If you are feeling overwhelmed or anxious, please let our team know so that we can address this for you and make sure you are comfortable
 - We pride ourselves on punctuality and exceptional patient care, however, during the course of an operative day unforeseen delays can occur for any number of reasons. This is not only frustrating for



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you and your family, but also to the operative team. If a delay in the timing of your surgery occurs, we will do our best to make sure you are informed

- Pain: this is common after a major surgery. We use a number of pain medications to help alleviate pain, but none can fully take away all of the pain. Stiffness, soreness, and sometimes sharp pain occur, but everyone experiences and manages their pain differently. Please let us know if you have had pain issues in the past. You will be given narcotics as part of the pain regimen, but we do not provide long-term narcotic prescriptions for your own safety. If you are unwilling to take narcotic pain medication, we can discuss this further as alternative options exist
- Discharge: from the time of surgery, begin planning for your discharge. The sooner you get up and back to your normal daily routines the faster your recovery will be and you will have a safer, more successful post-operative recovery