

Dr. Patel's Pre-Surgery Patient Checklist

Medical Clearances

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Medication Prescriptions

Hibiclens Antibacterial Soap

Walker, other equipment

Cold Therapy Machine/Ice Pack

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Surgery Date/Location: _____

Physical Therapy Prescription

First Physical Therapy Appointment

Home Setup

Ride for Surgery

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Follow-up Appointment: _____

Questions Answered

Dr. Patel's Surgery Medication List

- **TYLENOL EXTRA STRENGTH 500 MG**
 - TAKE 2 BY MOUTH EVERY 8 HOURS AROUND THE CLOCK

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- **TRAMADOL 50 MG**
 - TAKE 1 BY MOUTH EVERY 6 HOURS AS NEEDED

- **OXYCODONE 5 MG**
 - TAKE 1 BY MOUTH EVERY 4 HOURS AS NEEDED

- **MELOXICAM 15 MG**
 - TAKE 1 BY MOUTH DAILY STARTING 3 DAYS PRIOR TO SURGERY

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- **ASPIRIN 81 MG**
 - TAKE 1 BY MOUTH TWICE PER DAY X6 WEEKS

- **LYRICA 75 MG**
 - TAKE 1 BY MOUTH TWICE PER DAY X 7 DAYS

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***Be sure to inform your surgeon about any: allergies, blood thinners, pain medications, bleeding/clotting disorders, history of blood clots.

IF you did not receive a CHG/Hibiclens pack in the clinic, please pick up Hibiclens from your local pharmacy or Amazon. This product is over the counter and you do NOT need a prescription to pick up.



*****Begin using Hibiclens 3 days before your surgery date and the morning of your surgery.**

****Do not use Hibiclens if you are allergic to chlorhexidine gluconate or any other ingredients in it.**

Shower Card

Shower with Chlorhexidine (CHG) Solution To Prevent Infection

Shower as many times with CHG solution before your surgery as recommended by your physician. This blocks germ growth and provides the best protection.



1 Rinse your body with warm water.



2 Wash your hair with regular shampoo. Rinse your hair with water. Do not apply conditioner.



3 Wet your shower mitt provided. **Turn off the water.** Apply CHG solution to the mitt. **Be careful not to get CHG solution in your eyes, nose, ear canals and mouth. CHG is for use below the chin only.** Do not use any other soaps or body wash when using CHG solution.



4 Firmly massage all areas: neck, arms, chest, back, abdomen and hips. Clean your legs and feet and between your fingers and toes. Pay attention to your surgery site and all surrounding skin. Clean your groin, genitals (external only) and buttocks last. Ask for help to clean your back if you are having a spinal surgery.



5 Flip Sand Timer - empty sand. Wait full **2 mins.**



6 Turn on the water and rinse CHG solution off your body.



7 Dry off with a clean towel each time you shower with CHG solution.



8 Change into clean clothes each night. Use freshly laundered sheets on the first day of using CHG solution.

Dear PATIENT,

This is to confirm that you are scheduled for surgery on _____ at _____ with Dr. Patel. The Surgery Center/Hospital will call you a day prior to your surgery date to let you know what time your surgery will be and what time to arrive. Please note they may call from a blocked caller ID between 11am and 5pm.

Medical Clearance for Surgery with your Primary Care Doctor:

Please have this done no sooner than 30 days before your surgery, but no later than 1 week before your surgery. We will fax the pre-op orders to your doctor's office and you will also be provided a copy of these orders to hand carry. **IF you have a Cardiologist/Pulmonologist/Nephrologist, you will need *additional* clearance from their office.**

Please make a note of the following pre-operative and post-operative appointment dates, times and locations. You will see Dr. Patel or a Physician Assistant for your pre-operative appointment before surgery. You will see Dr. Patel 2 weeks after surgery for your first post-operative visit.

NOTE: If you did not receive a call by 4pm the day before your surgery -

Please call our office **one business day** before your surgery at 770-389-9005. They are available from 8:30am-4pm, Monday through Friday and will be able to assist you.

At Home Preparations:

- **It is recommended that you purchase a special body soap called Hibiclens to start using 3 nights before your surgery and the morning of your surgery. It's available on Amazon or at any pharmacy as no prescription is needed.**
- Please follow your doctor's instructions regarding diet and medication prior to surgery. STARTING 14 days before surgery, please do not take Aspirin and/or Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) such as Motrin, Aleve, Advil, Naproxen, Voltaren, and Indomethacin. Please note that some over the counter combination cold medications contain NSAIDs.
- If you take any blood thinners are prescribed by your doctor due to a history of a previous stroke, blood clots/DVTs, blood disorder, certain heart conditions, cardiac stents, etc please inform Dr. Patel as soon as possible. We will need to stop the blood thinner 3-7 days before surgery depending on the drug. During this time your medical doctor may place you on a temporary, short acting blood thinner. This is important because it will help decrease blood loss during surgery and decrease the risk of post-operative complications.

- Also, do not take fish oil, vitamin E, turmeric, or herbals /supplements starting 14 days before surgery.
- Starting 14 days before surgery, you may take an over-the-counter pain medication such as Acetaminophen (Tylenol) or Tramadol if prescribed by Dr. Patel or your primary care physician.
- **Please do not receive any injections into the surgical joint within 3 months of surgery.** This will delay your surgery date and we will have to postpone until it has been at least 3 months since the injection.
- **If you smoke, STOP SMOKING at least six weeks before surgery.** Smoking increases the amount of mucus in your lungs, placing you at greater risk of developing postoperative lung complications. In addition, the nicotine and carbon monoxide in the smoke will have a negative impact on the healing of your surgical wound and possibly increase the risk of a postoperative infection.
- It is natural to feel anxious about your surgery. Your doctor and our staff welcome your questions and concerns. Discussing your operation with family members or a close friend may also reduce your anxieties.
- Please note that after a joint replacement surgery, **you will not be allowed to have any dental work done for at least 3 months until after your surgery.** If you need to have urgent dental work done, we recommend doing it at least 8 weeks before your joint replacement surgery date. Please inform Dr. Patel or any of the office staff of any upcoming or pending dental work.
- Do not shave at or near the site of surgery for at least 14 days before surgery.

Surgery Day:

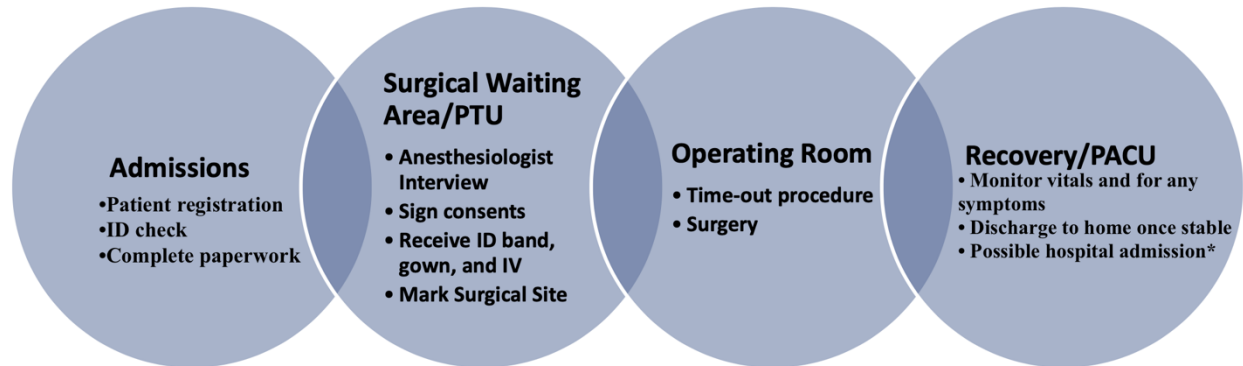
- For surgical patients, there are certain rules about when to stop eating and drinking. These rules are created to keep patients safe. It is very important for every patient to have an empty stomach before any surgery that requires anesthesia to prevent nausea and to keep any food or liquid from getting into the lungs.
 - Adults and teenagers over the age of 12 may have solid foods and dairy products until 8 hours before their scheduled arrival time at the hospital. Please don't drink any alcoholic beverages within 8 hours of your scheduled arrival time.
 - You are encouraged to drink clear liquids – NOT mild or dairy products – until 4 hours before the time you are scheduled to arrive at the hospital. Staying hydrated is good for you, and it's especially important in hot weather!
 - Clear, see-through liquids include:
 - Water

- Clear fruit juices such as apple juice and white cranberry juice
 - Plain tea or black coffee (NO milk or creamer)
 - Clear, electrolyte-replenishing drinks such as Pedialyte, Gatorade, or Powerade (NOT yogurt or pulp-containing “smoothies”)
 - Ensure Clear or Boost Breeze (NOT the milkshake varieties)
- Here is a table to explain the timing of when to stop eating and drinking. Look for your scheduled arrival time, and when to stop eating solid food. Please continue to drink Clear liquids as you wish until 2 hours before your arrival time.

<u>Stop Solid Foods</u>	<u>Drink Clear Liquids Until</u>	<u>Arrival Time</u>
10 p.m.	2 a.m.	6 a.m.
Midnight	4 a.m.	8 a.m.
2 a.m.	6 a.m.	10 a.m.
4 a.m.	8 a.m.	12 p.m.
6 a.m.	10 p.m.	2 p.m.

- Wear casual clothes that you can fold and store in a locker. Do not wear jewelry, make-up, fingernail polish, hairpieces or hairpins. Bring a case for your glasses or contact lenses.
- Leave your valuables (jewelry, large amounts of cash, credit cards) at home.
- **Please arrive on time and register at the front desk**
- If you have difficulty understanding English, consider bringing an interpreter with you.
- You will be asked to arrive about 2 hours prior to your surgery. This to ensure ample time for registration and/or admission. In addition, your procedure may also start earlier than expected if a last-minute cancellation occurs. Unfortunately, delays may occur due to unforeseen circumstances. Please be patient if this occurs.
- You will be given prophylactic antibiotics during surgery, please inform your surgeon and nurse of any allergies.
- Most patients can go home the same day as their surgery. Dr. Patel and you will discuss if you need to stay in the hospital overnight for medical monitoring depending on your medical history. This will be done during your pre-operative visit.

Overview of the Surgery Day:



Here is additional information concerning your upcoming surgery:

- Inform Dr. Patel and your primary care doctor of all medications you are currently taking, as certain medications may need to be discontinued before to surgery.
- If you develop any signs of a cold, flu, etc. please notify our office immediately.
- Avoid any dental cleaning and other non-urgent procedures for at least 2 months before surgery and 3 months after surgery.
- Dental prophylaxis is required every time you have any dental work (dental cleaning, etc). We recommend 2 grams of Amoxicillin one hour prior to dental work. If allergic to Penicillin / Amoxicillin, we suggest you take Clindamycin, 600mg one hour prior to dental work. Please call our office for a prescription before you have any dental work done.
- You may not fly until it has been 6 weeks from the date of your surgery.
- Visit boneandjointsurgery.org for additional information regarding your upcoming surgery.

Please call 508-617-9740 with any questions or concerns