

General Pre Operative Instructions

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PRISMA
HEALTH SM

Surgery: _____

Date/Time: _____

Location: _____

Post Op Appt: _____

Surgery Time

You will be contacted by a nurse from the facility where your surgery will take place the DAY BEFORE your surgery to let you know what time to arrive. Contact numbers are listed if you have not received a call by late afternoon. You will go home the same day (unless otherwise discussed)

Insurance Info

Dr. Ratner's office will precertify your surgery with your insurance company. Please provide us with the most up to date information regarding your insurance. Your benefits will be verified. If you are under Workman's Compensation, written authorization will be obtained before scheduling surgery.

Preoperative Testing

Dr. Ratner will let you know what pre-operative testing is required when you schedule your surgery. This may include basic bloodwork and/or seeing your medical doctor or cardiologist. If you require bloodwork, you do NOT need to fast. For anesthesia purposes the information MUST BE completed and faxed to the office AT LEAST ONE WEEK PRIOR TO SURGERY. If the information is not received or incomplete, your surgery may be cancelled.

Plan Time off Work/School

You will likely need time off work/school. This varies based on the amount of time you spend on your feet, lifting requirements, commuting etc. Please submit any necessary disability paperwork/request necessary documentation from the office prior to surgery. You may fax the requested paperwork to the office. Please include the ADDRESS OR FAX NUMBER where you would like this submitted and the DATE you would like to return to work. Please plan ahead and allow 7-10 days for completion.

Physical Therapy

Depending on the surgery you may be prescribed physical therapy. Call ahead to set up your PT appointment. You will be provided with the necessary paperwork to give your therapist on the day of surgery.

Equipment

You will be provided with a brace (depending on the specifics of your surgical procedure), crutches/walker, and/or sling on surgery day. If you have your own crutches or walker, please bring them along so they can be adjusted appropriately

Medications

Stop: Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Aspirin, Herbal supplements and vitamins seven days prior to surgery.

Limit: Use of narcotic pain medications (if you take them). This will make it easier to manage post op pain. (examples: Norco, Oxycodone, Percocet)

Contact your primary doctor: If you take Coumadin, Lovenox, Ticlid, Plavix or any other blood thinners. Your doctor will need to help manage starting and stopping these medicines. Please make Dr. Ratner aware if you take these medications.

Morning of surgery: Anesthesiologist will typically discuss which medicines you should or shouldn't take on day of surgery. If you are diabetic and take LONG ACTING insulin, take HALF of your AM dose.

DO NOT take the following medication the morning of surgery:

- Diuretics (or any blood pressure medications with a diuretic component)
- Oral diabetic medications
- Regular (short acting) Insulin

DO NOT eat or drink anything after midnight.

Do not smoke after midnight.

Meds can be taken with a small sip of water.

Wash with HIBICLEANSE soap and repeat the morning of surgery (available at Walgreens or CVS).

What to Bring with You to Surgery:

- Comfortable clothes to wear home (if you need a brace it will go over your clothes)
- A family member or friend to drive you home

Post-Op Office Appointment

- If the appointment was not arranged prior to surgery, please contact the office
- Your first post-operative visit will be given to you in office prior to surgery
- Depending on the procedure plan for follow-up visits at 6 weeks, 3 months, and 6 months after surgery.