PRE-OPERATIVE INFORMATION

One Month Before Surgery:

All patients require a History and Physical exam within one month of the surgery date. This exam may be done by your orthopaedic surgeon if you are in good health and take no medications or by your medical doctor if you have a medical condition or take any prescription medications.

The following routine lab tests are required:

Males under 40 years: None
Females 12 years and older: Pregnancy test (child bearing age)
All patients 40 years and older: CBC, EKG

*Additional tests may be ordered as needed

The medical doctor's report must be faxed to Hedley Orthopaedic Institute within one (1) week of your scheduled surgery.
FAILURE TO RECEIVE THIS INFORMATION MAY RESULT IN CANCELLATION OF YOUR SURGERY.

If you take blood thinners please discuss with both your medical doctor and surgeon when to stop taking them prior to surgery.

Please discuss billing with your insurance carrier, Hedley Orthopaedic Institute and St Luke's Medical Center billing departments.

One Week Before Surgery:

Stop taking any anti-inflammatory medicines (Aspirin, Advil, Diclofenac, Alleve, etc.) as these medications can increase bleeding. Substitute with Tylenol if you require pain medication during this time

Day Before Surgery:

The hospital or clinic will call you the evening before surgery to tell you what time to arrive at the hospital.

TAKE NO FOOD OR WATER AFTER MIDNIGHT.

Day of Surgery:

Take your usual blood pressure or heart medications first thing in the morning with a sip of water. DO NOT take diuretics (water pill) or diabetic medications.

- Leave all valuables at home.
- Bring completed Patient Pre-Anesthesia Questionnaire, Insurance Authorization and Release from Liability form.
- Bring reading materials: delays are not uncommon on the operating room, we appreciate your patience.

Your orthopaedic surgeon, the anesthesiologist, and the O.R. nurse will meet with you in the holding area before surgery.

Going Home:

If you are having ambulatory surgery, someone must be available to take you home. Your escort may, of course, accompany you to the hospital and wait in the waiting area. Your orthopaedic surgeon or the Physician Assistant (PA) will speak to your escort immediately following surgery. Alternately, your orthopaedic surgeon or the PA can call your escort at the conclusion of your surgery and tell your escort the approximate time to arrive at the hospital to bring you home, usually 90 minutes in the recovery room after surgery.

Discharge from Hospital:

Both ambulatory and in-patients will be given a detailed discharge instruction sheet when you leave the hospital. A member of the orthopaedic surgical team will call all ambulatory patients at home on the morning after surgery to check on your condition.

Return to Work, Driving:

Generally speaking, ambulatory patients may return to office work and drive a car when narcotic pain medications are no longer required, usually 2-5 days after surgery. You will be advised of specific limitations by your doctor.