



**Orthopaedic Surgery
& Sports Medicine**
OF SAN ANTONIO

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**OSSMSA Patient Pre-Operative Instructions
(Before Surgery)**

Thank you for allowing us to care for your orthopaedic needs. Your safety is our primary concern. Please review this information below PRIOR to your surgery. On the day of your surgery, please take this folder with you to the surgical facility. This will enable you to keep all the documents regarding your surgery together. (This is a suggestion – you are not required to have this folder with you.)

General Information Regarding your Surgery

Please understand that we estimate your surgical start time and the duration of your surgery. However, each surgery is unique and may require more or less time than anticipated. We will have you arrive at the surgical facility earlier than your surgical start time to make sure that you are properly registered at the facility with all the necessary preoperative data collected. We do this also in case we are able to start your surgery sooner than planned. You might wish to bring a book or magazine to read in case you have to wait. We appreciate your patience if you have to wait because the surgery scheduled before yours took longer than expected. Please understand Dr. Whaley and his team will take as much time as necessary to ensure your best surgical result, as he will do for his other patients.

- **ILLNESS BEFORE SURGERY**

During business hours notify the surgery coordinator, Herlinda, during business hours of any changes in your health status such as a cold, fever, flu etc. If it is after business hours or you are unable to get in contact with Herlinda, you may call the hospital directly to discuss your illness and how it will impact your surgery. The hospital phone number is found on the surgical agreement at the top of page 1. It is the hospital staff and/or anesthesiologist who determines whether or not to proceed with the surgery regarding patient illnesses.

- If you are unable to keep your surgical appointment for any reason, please contact our surgery coordinator, Herlinda, during business hours.
Please be aware of your cancellation policy, which is found on the Pre-Operative Signature page.
- Medications and anesthesia may be harmful to a fetus, especially in the first 12 weeks of pregnancy. If there is a possibility of pregnancy, please notify your surgeon prior to undergoing surgery.

- If you smoke cigarettes, it is strongly advised that you decrease the amount you smoke or stop smoking completely. Research indicates that smoking adversely affects bone and tissue healing and will thus delay or impede your full recovery following surgery. Inhalation of smoke irritates the breathing passages and may lead to respiratory problems during and after surgery.
- Any errands (i.e. house cleaning and grocery shopping) should be completed prior to surgery. The fewer concerns that you have upon discharge, the easier your transition home will be.

10 Days prior to Surgery

- Do not take any **ASPIRIN** products, **Coumadin** (Warfarin), **Plavix**, or **ANTI-INFLAMMATORIES** (e.g. Motrin, Ibuprofen, Naprosyn, Celebrex) for **10 days prior** to your surgery date to minimize bleeding complications during surgery. If there are any questions about stopping your medications, please contact us to discuss ASAP.

7 Days prior to Surgery

- Also, do not take **Phentermine**, usually taken as a weight-loss medication, for at least **7 days prior** to surgery. If there are any questions about stopping your medications, please contact us to discuss ASAP.

24 Hours before Surgery

- Please do not smoke or drink alcohol the night prior to surgery.
- Bath/shower with anti-bacterial skin cleanser or with Hibiclens soap the night before your surgery. Hibiclens soap is available at any pharmacy or on the internet.

Day of Surgery

- **NPO (Nothing by Mouth)**. Do NOT eat or drink anything after 12 midnight the night before your surgery (unless otherwise specified by OSSMSA). This includes drinking any liquids, eating food, chewing gum, lifesavers, candy or mints.
- Your surgery WILL be postponed or cancelled if you eat or drink after midnight and a cancellation fee will be charged to you.
- You may brush your teeth and gargle on the morning of your surgery. Remember do not swallow any water.
- You may bathe or shower the night before or the morning of the surgery. If you shampoo your hair, make sure it is dry when you arrive at the hospital or surgery center and do not use hairspray. Again, please remember to use the Hibiclens soap or anti-bacterial soap on your surgical site when you bathe or shower.
- Bring a written list of known allergies.

- Medicines: Do not take any non-prescription or prescription medication the day of surgery, without first getting approval from your physician. If your primary doctor has told you to take certain medications prior to surgery, only take them with a SIP OF WATER (no coffee or juice). If you take medication for your high blood pressure or for your heart, please continue to take them up to the day of your surgery. On the day of your surgery, please take these blood pressure and heart medications with ONLY a sip of water. If you are diabetic, please notify your surgeon, and we will try to do your surgery early in the day. We will check your glucose upon your arrival to the surgical facility and will manage your sugars (glucose) at the facility. Do NOT take your diabetic medication on the morning of your surgery without approval from your surgeon.
- Please bring all of your medications with you to the surgical facility. It might be helpful to write down all of your medications, the dosage, and frequency of the medications that you take on a regular basis as well.

Day of Surgery Continued:

- Bring with your driver's license or photo ID and your insurance card.
- Wear comfortable and loose-fitting clothing, preferably a button-down shirt. Remember, that you may have a bulky dressing after surgery and your clothes should be large enough to allow for this. You will be asked to change into a hospital gown prior to surgery. You may be asked to remove dentures and hearing aides.
- Wear your glasses instead of contact lenses the day of surgery, if possible. If you must wear your contact lenses the day of surgery, bring a container for your lenses if needed.
- Leave all jewelry and other valuables at home. All jewelry, including body jewelry and body piercing, must be removed prior to surgery.
- Do not wear make-up on your face or around your eyes the day of surgery. Do not wear perfume and do not wear fingernail polish. If you have acrylic nails, remove the acrylic and polish from your index finger or thumb on one hand.
- You may wish to put a pillow and blanket in your car so that you can relax on the way home.

Following your Surgery

- Do not drive, sign important papers or make critical decisions for at least 24 hours after surgery and also after you are off of all narcotics.
- Do not operate machinery, power tools (etc) for at least 24 hours after surgery and also after you are off all narcotics.
- Do not drink alcoholic beverages for at least 24 hours after surgery and after you are off narcotics.
- Your surgeon will provide you with post-operative discharge instructions regarding medications and diet. In the event of any difficulties or complications, call your surgeon immediately at 210-293-2663 or call 911.
- Do not smoke for 24 hours after surgery as it may be detrimental to your recovery.
- You must have someone drive you home after surgery. Someone should stay with you for at least 24 hours after surgery.