

Dr. Trasolini Preoperative Checklist

Before your surgery

- Secure a safe ride to and from surgery.
- Update your contact information with front desk staff to ensure we have correct phone numbers to contact you regarding your surgery.
- Download the MY Atrium Health app so you may communicate with our team if questions or concerns arise.
- Consult your primary care provider – consider medications that should be continued, review allergies.
 - Do you have an allergy to any metal, iodine, adhesives/bandages or other medications? Please let our surgical team know.
- Update your pharmacy and consider where you would like to pick up your medications postoperatively.
- Consider where you would like to complete physical therapy – if you have a location preference, please let us know.
- Consider if you would like to rent a compressive ice machine – we typically recommend this postoperatively to help with pain control.
 - You will receive a phone call from our team at Trutech to discuss this further
 - In some cases, this rental is not covered by insurance. If your insurance does not cover this product, you may consider using an old-fashioned bag of ice instead!
- Wash your operative extremity with antibacterial soap for 3 consecutive days prior to your surgical date.

Day of your surgery

- Do NOT eat or drink anything after midnight before your surgical date.
 - You may drink sip of water with your medications in the morning .
- Be sure to arrive early to the hospital/surgical center relative to your surgery time.
 - If you are running late, please contact the facility.

Medications to be *held prior to surgery and NOT taken on the day of surgery*:

- Blood thinners
 - Ex: Eliquis, Xarelto, Coumadin
 - Please consult your primary care provider/cardiologist/PAC provider regarding stopping these medications prior to surgery – *Do you need to be bridged before stopping?*

- *Each medication has a different time required to clear from your system. Discuss this with your surgical, anesthesia, and primary care teams.*
- Diabetes medications including:
 - Metformin
 - GLP1 agonists must be stopped x7 days prior to surgery
 - Ex: Ozempic, Wegovy, Victoza, Trulicity, Mounjaro, etc.
 - Your surgery will be postponed if these are not held within this timeframe!
 - SGLT2 inhibitors stopped x3-4 days prior to surgery
 - EX: Farxiga, Jardiance
 - Insulin – please consult provider at your PAC visit or your primary care provider for further details
- ACE inhibitors and ARBs
 - Ex: lisinopril, ramipril, losartan, valsartan
- Diuretics
 - Ex: lasix, bumetadine, HCTZ, spironolactone
- Non-statin cholesterol medications
 - Ex: Zetia, Questran
- Certain GI medications such as antacids, antidiarrheal, anticholinergics, laxatives
 - Ex: calcium carbonate, sodium citrate, hyoscyamine, loperamide, liraglutide, dicyclomine
- Anti-migraine agents (triptans)
 - Ex: sumatriptan
- Jak inhibitors
 - Ex: Xeljanz, Rinvoq
- Biologic agents
 - Ex: Humira, Remicade
 - Please consult with your rheumatologist regarding scheduling your biologics cycle including when to stop/resume
- Bisphosphonates
 - Ex: fosamax, risedronate, reclast
- Weight loss medications
 - Ex: Phentermine, bupropion, naltrexone
- NSAIDs
 - Ex: ibuprofen, aleve, naproxen, advil
- Lidocaine patches – please remove these the day of surgery
- Buprenorphine
 - Please contact pain management provider to discuss further

- All vitamins and herbal supplements – stop 1 day before surgery
 - Ex: Black tea extract, caffeine supplements, CoQ10, garlic, ginger, ginko, grapefruit extract, Tumeric, vitamin E
- Anti histamines/Allergy medication
 - Ex: fexofenadine, hydroxyzine, cetirizine (allegra, benadryl, claritin)

Medications you *MAY* take morning of surgery:

- Some blood pressure pills including alpha blockers/agonist, beta blockers, calcium channel blockers:
 - Ex: prazosin, clonidine, propranolol, labetalol, amlodipine, diltiazem
- Cholesterol medications including statins
 - Ex: atorvastatin, pravastatin, simvastatin, rosuvastatin
- Thyroid medication including synthroid
- Anxiety/depression/psychiatric medications
 - Ex: xanax, valium, lithium, wellbutrin, cymbalta, lexapro, celexa, zoloft, etc.)
- Most lung medications including inhalers, corticosteroids, and oral medications such as singulair
- Reflux medications including H2 blockers and PPI
 - Ex: pepcid, nexium, prilosec
- Some DMARDS
 - Ex: methotrexate, sulfasalazine, hydroxychloroquine
 - Discuss these with your rheumatologist
- Antiretroviral/antiviral agents
- Combined oral contraceptives
- OTC eye drops and nasal sprays (artificial tears)

****Please note, this list is not all encompassing. IF YOU HAVE A QUESTION REGARDING STOPPING OR CONTINUING A MEDICATION PRIOR TO SURGERY PLEASE CONTACT OUR OFFICE OR YOUR PRIMARY CARE PROVIDER**

Medical Equipment

- If you were provided a sling or brace preoperatively, be sure to bring this to the hospital on the day of surgery.
- If you have crutches, it may be helpful to also bring these on the day of your surgery.

If you have further questions, please do not hesitate to reach out to Dr. Trasolini's office at 336-716-8091.