

ORTHOMO

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Preoperative Instructions for Outpatient Surgery

Some things to think about before scheduling:

- Make arrangements in advance for a responsible adult to drive you to and from the surgery center. He or she will be required to stay at the center during your stay. You are not allowed to drive your vehicle after the procedure. If you arrive at the facility without a responsible adult to provide transportation, your procedure may be rescheduled. Taxi service is not permitted.
- Make arrangements for post-operative care. This person should stay with you for the first 24-48 hours after surgery.
- Please consider where you will go for outpatient physical therapy. In most cases you will start PT within 48 hours of your surgical procedure. Please establish these visits once a surgery date is scheduled. We will provide a physical therapy script. This is an important step as it can be difficult to make last minute arrangements for PT.
- Allow for some flexibility in the time of your procedure. Your surgery time may adjusted due to unplanned circumstances related to patient care or equipment.
- Some medications such as aspirin, blood thinners, supplements, or anti-inflammatory medication may be stopped prior to your procedure. You will be informed if any of your medications should be stopped prior to surgery.

Prior to surgery:

- Your medications will be electronically prescribed to your pharmacy
- Bathe or shower the night before surgery
- Do not shave the area around the surgical site
- Use the pre-op soap or wipes on the surgical area the night before
- Do not eat any solid food or drink after midnight. This will delay and possible cancel your procedure

Returning to Work/School and Driving:

It often takes several days before patients feel physically and mentally well enough to return to work and school. If you are taking opioid pain medications (Roxicodone, Percocet, Norco, etc.) your cognitive ability will be affected and your performance impaired. You will not be able to drive as your reaction will be delayed. Additionally, patients shouldn't drive if they are fitted with these devices after surgery: shoulder abduction sling/immobilizer, arm splint, right hip or knee brace, or ankle splint.

Post-operative Clinic Appointment:

In most cases, your first post-operative visit will occur 10-14 days after surgery. Some patients will be scheduled earlier (5-7 days after surgery) for splint removal and brace fitting. At this visit sutures will be typically removed and we can discuss details of your procedure. Please make a list of questions you have beforehand so that everything can be addressed.