



## Pre-operative Instructions

Please read the following steps/pages to prepare for your surgery.

1. Most patients require their insurance company to approve the procedure
  - a. Our staff will begin working on this approval immediately
  - b. Unforeseen delays can occur due to your plan's administrative policies
  - c. Job related/Worker's comp patients have to have approval without exception.
2. Out patient surgery
  - a. You may require tests/clearance from your primary doctor
  - b. The below circled tests are requested for your surgery
    - i. EKG Chest X-ray Electrolytes CBC Pregnancy Urine Type & Cross PT/PTT Preop Blood donation Hepatitis HIV
  - c. **\*\*\*YOU MUST HAVE A FAMILY MEMBER OR FRIEND DRIVE YOU TO AND FROM THE FACILITY ON THE DAY OF SURGERY WITHOUT EXCEPTION\*\*\***
3. In patient surgery (Shoulder/elbow reconstruction)
  - a. You may require tests/clearance from your primary doctor
  - b. The below circled tests are requested for your surgery
    - i. EKG Chest X-ray Electrolytes CBC Pregnancy Urine Type & Cross PT/PTT Preop Blood donation Hepatitis HIV
  - c. We will invite your primary doctor to perform your admission or they may choose a hospitalist to follow you during your stay. They, or the hospitalist will dictate your admitting history and physical exam
4. Surgery Clearance
  - a. Be sure to get the circled lab tests completed to ensure no unnecessary delays
  - b. Give yourself and your doctor enough time to accomplish these tests
  - c. Some tests may be done at the hospital on the preadmission date if approved
  - d. EKG and CXR should be hand delivered to the anesthesiologist or preop nurse
5. Pre-Registration
  - a. You should pre-register all necessary papers online or in person 1-2 days in advance of your planned surgery. Failure to pre-register will lead to delays
6. ***DO NOT EAT OR DRINK ANYTHING 8 HOURS BEFORE SURGERY AS YOUR SURGERY TIME MAY CHANGE IN THE MORNING, WE SUGGEST TO STOP BY MIDNIGHT.***
  - a. Failure to follow the above simple rule can be life-threatening
  - b. You need to stop all non-aspirin blood thinners for FIVE days
    - i. If on aspirin, stop before shoulder/elbow surgery as well.
  - c. A small sip of water can be taken for mandatory medication only (Heart, Diabetes, High blood pressure, seizure med) See further instruction on next page
  - d. Diabetics should get additional advice from primary care how to handle their meds.
7. Arrival
  - a. Arrive at the facility at \_\_\_\_\_ on \_\_\_\_\_
8. Post-op Visit
  - a. Please confirm your surgical follow-up appointment with our front desk
  - b. Many patients also have therapy appointments at first visit, please confirm as well.



## Pre-operative Medication Schedule

**\*\*\*Remember:\*\*\* Nothing by Mouth at least 8 hours before surgery\***

### Only Exceptions:

- 1. Cardiac/High Blood Pressure Medication**
  - a. Please take all cardiac and anti-hypertension medications the morning of surgery with a very small sip of water.
  - b. If the medication is normally taken at night, continue same schedule.
- 2. Diabetics**
  - a. Hold all am oral hypoglycemic (Glucophage/glyburide/amaryl, metformin etc.)
  - b. Hold all am Regular Insulin
  - c. Take ½ dose of NPH/Lente (Long acting) Insulin in am
- 3. Diuretics**
  - a. Patient may take diuretic in am, especially if necessary for high blood pressure.
- 4. Asthmatics/COPD**
  - a. Bring inhaler to surgery, so that 2-4 puffs can be taken pre-op there.
  - b. May take theophylline in am.
- 5. Reflux/indigestion/Hiatal Hernia Patients**
  - a. Please take H2 blocker (Pepcid, Tagamet, zantac etc.,) and/or prilosec in the am (small sip of water)
  - b. **DO NOT TAKE PARTICULATE ANTACID (MYLANTA/MAALOX)**
- 6. Herbal Medication:**
  - a. Stop all herbal medications, especially St. John's Wort before surgery
- 7. Pain Medication**
  - a. May take pain meds in am of surgery, but only those that do not contain Aspirin.
- 8. Aspirin**
  - a. If you are a patient of Dr. Bronstein's, AND are having surgery below the elbow (Hand/Wrist), you can continue your Aspirin up to the day before surgery, and resume after surgery.

ALL OTHER Blood Thinners must be stopped 5 days prior to surgery.

### Please Note:

**All above approved Medications should ONLY be taken with a small sip of water\***

*\*If you do not follow these instructions your surgery will likely be delayed or cancelled.*