

PRE-OPERATIVE INSTRUCTIONS

- (1) Discontinue anti-inflammatory medications at least 3 days prior to surgery.
- (2) Do not eat or drink anything after midnight the night before surgery.
- (3) Arrive at the facility one hour prior to your surgery.
- (4) Wear loose fitting clothes:
 - (a) If having shoulder surgery, wear a loose button down shirt.
 - (b) If having knee surgery, wear loose elastic waist shorts.
- (5) Make sure that you will have someone drive you home. You will not be able to drive yourself due to the anesthesia and other medications given to you. You can normally be picked up approximately 4-4 1/2 hours after the **start** of your surgery.
- (6) Please inform us if you take any medications for the following conditions:
High Blood Pressure, Cardiac issues, Diabetes
- (7) You will be given a card for a follow-up appointment within 2-3 days after your surgery. This appointment should **NOT** be missed.
- (8) **No swimming, hot tub, Jacuzzi, or bath tub** until the incisions are healed, usually about 10-14 days.
- (9) You will also be given about 3 prescriptions-please take antibiotic and anti-inflammatory in full, unless you develop a reaction (then call our office) take the pain medication as directed and only if needed.
- (10) If you have any other questions or concerns, please do not hesitate to call us at (602) 265-9900.
- (11) SURGERY: _____

AT _____ A.M