

## PRE-OPERATIVE INSTRUCTIONS FOR SURGERY

Name: \_\_\_\_\_

Your surgery with **Dr. Manoj Reddy** has been scheduled on \_\_\_\_\_

At the following location: \_\_\_\_\_

### MEDICATION CONSIDERATIONS

Continue taking your usual prescribed medications prior to surgery, unless advised by your physician(s).

Routine doses of Aspirin and other Anti-inflammatory medications (Ibuprofen - Advil, Motrin; Naproxen/Naprosyn – Aleve; Vitamin E and Fish Oil) should be stopped two (2) weeks prior to surgery unless you specifically discussed continuing them with your surgeon. If you are taking oral contraceptives/or other hormonal forms of contraception (NuvaRing) OR are on hormone replacement therapy and need elective orthopedic surgery, you may be at risk of developing blood clots. It is recommended to stop your hormonal contraceptive or hormone replacement therapy 3-4 weeks before surgery and not resume for 3-4 weeks post-surgery, but this should be discussed with your primary physician. During this period, you will need to use another form of birth control (non-hormonal).

- Blood Thinners (Coumadin, Eliquis, Xarelto, Plavix etc.)
  - Check with your prescribing doctor regarding when you should discontinue and restart your anti-coagulant medications. Blood testing may be required by this physician before and after the date of surgery.
- Diabetes Medications
  - Discuss with the nursing staff at the hospital or outpatient surgery facility the anesthesiologist's recommendation regarding using your insulin or taking your medications the morning of surgery.
  - It is usually recommended to bring a snack with you to eat post-operatively after your insulin or diabetes medication is administered.

### Supplements

Discuss with your surgical team any vitamins or herbal supplements that you are currently taking, you may be advised to discontinue these in the time leading up to your surgery.

### BEFORE SURGERY

DO NOT eat or drink anything after midnight the night before your surgery is scheduled unless you have been specifically instructed otherwise by the nursing staff in the facility where you are scheduled. This includes gum, candy, ice, etc.

Take appropriate daily medications with a sip of water the morning of your surgery. You must understand that it is very dangerous to be sedated or put under general anesthesia with food or liquid in your stomach.

STOP smoking or using any tobacco or nicotine-related products. This includes cigarettes, cigars, e-cigarettes, vapes, as well as nicotine patches, gum and lozenges. Nicotine is a vasoconstrictor and can cause wound healing complications.

DO NOT wear contact lenses. Bring reading glasses if you need them to complete any paperwork before surgery. Remove any hairpins, clips, or combs.

DO NOT wear any jewelry (including wedding rings) or bring anything valuable with you to the facility.

## **MEDICAL EQUIPMENT**

Your surgery may require you to obtain special medical equipment BEFORE your surgery. If this is the case, our office will help arrange authorization for this equipment.

This is so Dr. Reddy can apply the brace/boot/sling/etc. after the surgery to protect the surgical site.

## **HYGIENE CONSIDERATIONS**

You will be asked to shower with a special Anti-bacterial soap starting three (3) days prior to your surgery.

This soap is called Hibiclens (Chlorohexidine Gluconate), and it should be provided to you during your pre-operative visit. If not, or if you have misplaced the one provided, it can usually be purchased at any drugstore or pharmacy for less than \$5. If you cannot find it, buy Dial Liquid Gold or any antibacterial soap.

Please follow the provided *Pre-Surgical Planning-Infection Prevention* instructions for proper use.

DO NOT shave the surgical site for two to three days prior to surgery as this might increase the possibility of an infection.

DO NOT have a manicure or pedicure two weeks prior to surgery due to the risk of cutting the skin.

Remove all nail polish (Gel, powder, Shellac, or otherwise) from BOTH your feet and hands.

## **REASONS YOUR SURGERY MAY BE RESCHEDULED**

If you are sick for any reason or have recently been prescribed antibiotics by another provider, please call the surgeon's office immediately.

If you develop a cold, persistent cough, fever, flu symptoms, or if there is a significant change in the condition for which your surgery is scheduled, please call the surgeon's office immediately.

Prior to your surgery if you develop a rash, burn, ant bite, or a break in the skin regardless of the size, near the area of your surgery, please notify our office.

If you need to cancel your planned surgery and the office has already closed for the day, leave a message with the answering service, and it will be relayed to the surgeon. If necessary, your call will be returned.

## **REVIEW: PRIOR TO SURGERY**

Two weeks prior to surgery: Do not start any new supplements unless otherwise specified.

Three days before surgery: Patients should begin to take a bath or shower with Hibiclens (anti-bacterial) soap. Please follow the attached protocol for Hibiclens and "Pre-surgical Planning Infection Prevention" sheet. **DO NOT** shave the surgical site for two to three days prior to surgery as this might increase the possibility of an infection.

The day before surgery: **DO NOT** drink any beer, wine, or alcoholic beverages during the 24 hours before surgery. Alcohol increases the depth of anesthesia and the effect of the medications administered.

The morning of surgery: Take your final bath or shower with Hibiclens. Dress in loose, comfortable clothes that will be easy to change out of and into after surgery. Make sure that any potential bulky bandages or cast will fit through the openings.

## **AFTER SURGERY**

Driving: You will need to arrange for transportation home from surgery. The hospital/surgery center will not allow you to be discharged to a taxi or rideshare without a companion 21 years of age or older.

You will be unable to drive while on narcotic pain medications. Specific restrictions for each surgical procedure differ, please contact our office with any questions you may have. Clearance to resume driving typically does not occur until a patient is full weightbearing on the right foot.

Medications: Your post-operative medications will be sent electronically (in most cases) to the pharmacy you provided to Orthopedic Associates of Dallas the day prior to surgery. You should try to pick up your prescriptions before your surgery so that you won't have to go to the pharmacy after the surgery, or if there are any logistical issues that can be sorted out prior to surgery. However, when you receive your prescriptions prior to surgery, **DO NOT** begin taking any medications until after your surgery.

**DO NOT** drive or drink alcohol while taking Narcotic medications (Tramadol, Oxycodone, Hydrocodone, Dilaudid etc.) or Muscle Relaxants (Methocarbamol, Cyclobenzaprine, Diazepam/Valium). If you have any questions, please contact us at 469-800-7200 between 9AM-5PM Monday through Friday.

Air Travel: It is recommended you do not travel by air until 72 hours after surgery due to risk of blood clots. If your circumstances necessitate you to travel by air earlier than 72 hours, please discuss this with your surgical team several weeks prior to surgery.

## Pre-Surgical Planning-Infection Prevention

Chlorhexidine Gluconate (CHG) 4% is a special chemical found in soaps such as *Hibiclens* and other brands. Everyone's skin has germs; this soap can reduce the number of germs on your skin and reduce your risk of post-operative infection. You can obtain this soap at any over-the-counter pharmacy such as CVS, Walgreens, Vons, Ralphs, Walmart, Target etc.

If you are allergic to CHG or unable to get soap, substitute an antibacterial soap (ex. Dial Gold) instead.

STOP using the soap and call your doctor if you have a reaction such as burning, itching, redness, blistering, peeling, swelling, rash or any other severe irritation

### Getting Your Skin Ready for Surgery

(These are cleaning instructions to use prior to surgery. **If you are in a splint, please keep that leg covered and dry**)

Shower or bathe one-time-a-day for 3 days prior to surgery with a CHG 4% liquid soap:

- Step 1:** Wash your hair, face, and body, with your normal shampoo, conditioner and soap. Rinse completely.
- Step 2:** Turn off the shower or step out of the bathwater.
- Step 3:** Pour a quarter-sized amount of liquid CHG soap onto a wet, clean washcloth and apply to your entire body FROM THE NECK DOWN (DO NOT use CHG on face, hair or pubic region)
- Step 4:** Rub the soap filled washcloth over your entire body for **3 minutes** – apply more soap as needed
- Step 5:** Turn on the shower or return to the bath and rinse the liquid soap off your body.
- Step 6:** Towel dry.

You may apply skin lotion after your shower only on the 3 days prior to your surgery, but NOT the morning of your surgery.

### **24 Hours before Surgery:**

- DO NOT apply lotion, powder, oils, make up, perfume or aftershave.
- Do not shave or remove any body hair below the neck (facial shaving is permitted)
- Facial lotion and chapstick are permitted the morning of your surgery.

Shower 1  
(3 days before)

Shower 2  
(2 days before)

Shower 3  
(1 day before)

Shower 4  
(Morning of Surgery)

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If you have any questions or concerns about this program, please contact: 469-800-7200 Orthopedic Associates of Dallas