



## PRE-OPERATIVE INSTRUCTIONS

### **Orthopedic Research Clinic of Alaska**

Phone: (907) 644-6055 | Fax: (907) 644-4885  
2741 Debarr Road, Ste C214 | Anchorage, Alaska 99508  
Visit us online at [ORCAAK.com](http://ORCAAK.com)

### **4 TO 6 WEEKS BEFORE SURGERY**

#### FOR WOMEN—STOP BIRTH CONTROL MEDICATIONS

If you are taking contraceptive medication (birth control pills or shots), you need to stop taking them four to six weeks before your surgery. Oral contraceptives have been found to be associated with blood clots, which can lead to deep vein thrombosis, pulmonary embolism and possible permanent damage or even death. This normally minimal risk is greatly increased when activity is reduced due to surgery. Make sure Dr. Vermillion knows if you are taking this medication, and when you stop taking it.

### **10 DAYS BEFORE SURGERY**

#### PRE-OPERATIVE VISIT TO SURGEON

You should have an appointment with Dr. Vermillion 7 to 10 days before your surgery. This will serve as a final checkup and a time to ask any questions that you might have. Make sure you bring your list of all medications you are taking, including any herbal remedies.

**MAKE SURE YOU HAVE A POST-OP APPOINTMENT SCHEDULED WITH DR. VERMILLION.** You should set this up at your pre-op appointment.

#### STOP MEDICATIONS THAT INCREASE BLEEDING

10 days before surgery stop all anti-inflammatory medications such as Aspirin, Motrin, Naproxen, Vitamin E, etc. These medications may cause increased bleeding. You may continue Celebrex. If you are on Coumadin or Plavix you will need special instructions for stopping the medication. You should stop your Coumadin or Plavix at least 7 days prior to your surgery. Check with the physician who manages this medication for instructions for safely stopping. Some herbal and naturopathic medications, such as fish oil and ginger, also may cause increased bleeding and should be stopped at least 10 days prior to your surgery.

#### PREPARE YOUR HOME FOR YOUR RETURN FROM THE HOSPITAL

Have your house ready for your arrival back home. Clean. Do the laundry and put it away. Prepare meals and freeze them in single serving containers. Tend to any necessary yard work or other household chores. Pick up throw rugs and tack down loose carpeting. Remove electrical cords and other obstructions from walking areas. Install nightlights in bathrooms, bedrooms and hallways. Arrange to have someone collect your mail and take care of pets, small children, or other dependents if necessary.

#### CONTACT YOUR INSURANCE COMPANY

Find out if any pre-authorization, pre-certification, or second opinion is required. Failure to clarify these questions may result in a reduction or denial of benefits, or delay of surgery.



## PRE-OPERATIVE INSTRUCTIONS (CONTINUED)

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#### PREREGISTER AT THE HOSPITAL

Get any required laboratory tests. The doctor will give you instructions on this. See your primary care physician to obtain preoperative medical clearance if so instructed. The hospital will typically call you to pre-register. If you have not heard from them by 2 days prior to your surgery you should contact them.

#### YOU WILL NEED THE FOLLOWING INFORMATION TO PRE-REGISTER:

- Patient's full name, address and telephone number
- Marital status
- Social Security Number
- Name of insurance policy holder, his/her address and phone number, and his/her work address and work phone number
- Name of insurance company, mailing address, and group and policy numbers
- Patient's employer, address, phone number and occupation
- Name, address and phone number of nearest relative
- Name, address and phone number of someone to notify in case of emergency (this can be the same person as the nearest relative)
- When you come to the hospital bring your insurance card and driver's license (or other photo I.D.)

## 2 DAYS BEFORE SURGERY

You will need to shower with a special soap once a day for 2 days prior to surgery. You will receive the soap from the hospital. This special soap will reduce the amount of germs on your skin prior to surgery. Shower prep before surgery: Pour the special soap on a wash cloth. Wash all areas of your body, except face and vaginal area, with the special soap. Wash the area where you are going to have surgery thoroughly. Rinse as usual and dress as usual. Do not shave legs, underarms, etc. at this time due to risk of infection. Nicks or rashes from shaving that become infected can lead to cancellation of your surgery. You should not shave less than one week prior to your surgery.

## DAY BEFORE SURGERY

#### FIND OUR YOUR ARRIVAL TIME AT THE HOSPITAL

Call the hospital after 2:00 p.m. on the day before surgery (call on Friday if your surgery is on Monday) to find out what time your procedure is scheduled. You will be asked to come to the hospital 2 hours before the scheduled surgery to give the nursing staff sufficient time to start IV's, prep and answer questions. It is important that you arrive on time at the hospital, so that all necessary preparations can be made. Arriving late could result in your surgery being pushed back to a much later time.



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### THE NIGHT BEFORE SURGERY

#### DO NOT EAT OR DRINK

Do not eat or drink ANYTHING after midnight, EVEN WATER, unless otherwise instructed to do so. Chewing gum is also not allowed. If you take regular medications, check with your physician who handles those medications to see if you should take them before surgery, or if you can wait until after the surgery. If you are advised to take the medication according to your regular schedule, do so with only a small sip of water. Do NOT take medication for diabetes on the day of surgery, unless you are instructed to do so by your physician.

### SURGERY DAY

- Bring your insurance card or driver's license or photo I.D.
- Bring a list of your current medications, including doses and amounts. Do not bring the actual medications. The hospital will not allow you to take medications brought from home, and they may get misplaced.
- Leave jewelry, money and other valuables at home.
- If you have Advance Directives (a Living Will) bring a copy with you.
- Both hospitals have valet parking during certain hours. If valet parking is not available there is free parking available in hospital lots.
- Go to the admitting department. You will be taken to the pre-op area to wait for a nurse who will get you ready for surgery.
- In the pre-op area the nurses will start your I.V., and scrub your operative site. The operating room nurse and the anesthesiologist will interview you. You will see Dr. Vermillion in the pre-op area, or in the operating room before your procedure starts. You may have a family member wait with you in the pre-op area.

### YOUR HOSPITAL STAY

You should expect to be in the hospital for 3 days for a total joint replacement or extensive cartilage repair; unless you qualify for SwiftPath, you may go home same day. Arthroscopy patients are usually outpatient and may stay anywhere from a few hours to 24 hours. Physical therapists will get you up and walking on the first day after your surgery. You may have group therapy and exercise.

### HOSPITAL DISCHARGE

You will go home on the third day after your surgery as long as there are no complications. Someone will need to drive you home. DO NOT plan on driving yourself. You will receive written discharge instructions concerning medication, exercise, physical therapy, etc.

All medical care should be individualized to a patient's functional level, medical condition, and personal choice.