

PRE-OPERATIVE SURGERY INSTRUCTIONS

PLEASE READ THE FOLLOWING INSTRUCTIONS TO PREPARE FOR YOUR SURGERY

PRIOR TO SURGERY

1. Depending on your medical history, you may need to see your primary doctor, cardiologist, or speak to the anesthesia clinic to get medical clearance prior to surgery.
2. Stop aspirin, all anti-inflammatories, Plavix, and any herbal supplement or vitamins, **five days** prior to surgery. You may continue to take Tylenol, Tramadol, Ultracet, or Celebrex.
3. Notify the office if you are taking any type of medication that is a blood thinner (Coumadin, Plavix, aspirin, etc.), are diabetic, take high blood pressure medication or have any cardiac or medical conditions that you feel we need to be aware of.
 - i. If you are taking any form of diet pills, prescription or over the counter, please inform the office and discontinue at least 14 days prior to surgery. If you do not, your surgery may be cancelled due to potential heart problems that may arise.
4. You will be contacted one to two days before surgery by Dr. Flores's assistant to give you your arrival time. Please be on time or a little early, as the pre-operative process involves many steps and could lead to a delay or even cancellation in your surgery by the surgery facility.
5. Most patients who have surgery on their lower extremity will be asked to take a regular coated aspirin (325 mg) after surgery to help decrease the risk of developing a blood clot. Please plan to have this at home or plan on getting when you pick up your pain medication for surgery.
 - i. If you or someone in your family has a history of blood clots, please let the office know and an alternative blood thinner may be required.
6. For patients having **KNEE SURGERY**, if you do not have a shower bench in your shower, consider purchasing or renting a shower stool. If you will be in a brace or have limited weight bearing/range of motion after surgery, an elevated toilet seat can be helpful in using the restroom. Leg elevation pillows are also helpful to elevate the leg but need to keep the knee straight and not partially bent (amazon.com) to minimize the risk of losing extension. Cast shower bags are also helpful to keep your bandages dry right after surgery and can be purchased ahead of time.
7. For patients having **SHOULDER SURGERY**, body pillow wedges (amazon.com) or recliners (available for rent at local stores) are helpful to sleep semi-upright which often helps with sleep. In addition, melatonin 5 mg taken one hour prior to bedtime has been shown to be helpful in sleeping, especially for rotator cuff repair patients.

WEEK AND NIGHT OF SURGERY

1. If you have any abrasion, insect bite, rash, etc., located in the surgical area, your surgery may be postponed for your safety due to risk of infection. Please inform the office if you feel there may be a problem prior to surgery.
2. Do not eat or drink anything after midnight the night before your surgery, including water, coffee, tea, gum, candy, mints, etc. If you take any medication for high blood pressure or a cardiac condition, you

may take these early on the morning of surgery with a SMALL sip of water unless instructed otherwise.

3. You may shower or bathe the night before or morning of surgery.
 - i. **It is recommended you bathe with Hibiclens (Chlorohexidine Gluconate 4%) to minimize your infection risk, avoiding the face, hair and genital area. See instructions for use.**
4. If the patient is a minor (under the age of 18), he/she must be accompanied by a parent or legal guardian. Guardians (if not parents) must have the appropriate documentation to verify their guardian status.
5. Please bring any copies of imaging (x-ray, MRI, etc) with you if you did not leave them with the office on your visit.
6. **Shoulder and elbow patients** should wear a loose fitting, button-up type shirt as you will be in a sling following surgery.
 - i. Physical therapy is started depending on the procedure and can range from beginning one to six weeks after the date of surgery. If you are having surgery for a frozen shoulder, your therapy needs to begin the day after surgery and needs to be scheduled PRIOR to surgery.
7. **Knee patients** should wear shorts, sweats or loose-fitting bottoms to go over your bandages and/or brace. If you have crutches, please bring them with you. If you have a brace, please let the office know to see if it will be acceptable and bring with you.
 - i. Physical therapy is typically started one to three days after surgery unless instructed otherwise. **You should make an appointment with the therapy location that has been selected PRIOR to surgery to ensure you start your rehabilitation on time.** If you have an issue scheduling this appointment, please contact the office to assist with the process.
 - ii. If you are interested in a circulating ice machine rental (Game Ready), inform the office who can put you in contact with the appropriate representative.
8. You may not drive yourself home or have a car/taxi /Uber take you home alone after surgery. Someone 18 or older must be available to take you home and should be with you the first night after surgery in case an emergency arises.
9. Your first post-operative visit is typically 5-10 days from the day of surgery unless you are instructed otherwise, or a complication arises. **Schedule this appointment PRIOR to your surgical date.**
10. **PLEASE READ THE DETAILED INSTRUCTIONS THAT WILL BE GIVEN TO YOU ON THE DAY OF SURGERY.** If you would like to read them before to prepare, you can find them on our website: **drstevenflores.com**.
11. If you are having **KNEE RECONSTRUCTIVE SURGERY** where tissue grafts are used (ligament reconstruction, cartilage replacement or meniscus transplants) elective dental work should be delayed for **six weeks** after surgery to limit the chance of infection. If you need emergent dental work, contact the office to see if antibiotics are needed. Patients undergoing simple knee arthroscopy or shoulder surgery may have dental work as needed without antibiotics.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE DURING OFFICE HOURS
AT 713-486-7555.**