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WEEK BEFORE SURGERY:

- Your medications for after surgery should be called into the pharmacy 3-7 days prior to surgery date. Pick them up before surgery and have them ready at your house.
- Please STOP taking any of the following listed medications 5 days prior to surgery, these may lead to increased risk of bleeding. The medications include: Alka Seltzer, Aspirin, IBU, Aleve, Xarelto, Coumadin (unless directed by your surgeon for this procedure), Excedrin, Heparin, Nuprin, Plavix, Pletal, Salsalate, Ticlid, Toradol, Vitamin E, Vitamin B, St. John's Wort, Fish Oil or any other mega dose vitamins. You may take a multivitamin up to the day of surgery. You may resume your supplements and medications the day after surgery. DO NOT DISCONTINUE ANY OTHER MEDICATIONS YOU MAY BE TAKING. If you are taking Heparin, Xarelto, Coumadin, Plavix or Ticlid, please advise us right away.
- If you owe any payment towards surgery or your deductible, you will be contacted by our office.

DAY OF SURGERY:

- Nothing to eat or drink past 12am midnight the night before surgery (fasting, NPO)
- Shower the morning of surgery, but do not use deodorants or powders. Do not wear facial make-up to surgery and leave all jewelry and contact lenses at home.
- Take any routine medications with a small sip of water. If you are a diabetic, do not take any medication; however, please bring your medication with you.
- Bring any medications you are currently taking to the hospital/surgery center. You should also write down your medication information to be given to the hospital staff. Be sure to include the name, strength, and how often you take the medications. Please communicate any medication allergies you might have to your doctors and the nursing staff.
- Remove all jewelry. Remove any piercings. Remove nail polish if possible.
- Have someone to drive you home from surgery. You will not be allowed to drive yourself home.

Knee Surgery:

- Wear shorts, sweats or something loose that will fit comfortably over a dressing.
- If you have crutches, bring them with you.

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Shoulder Surgery:

- You will either be in a sling or immobilizer following surgery, depending on type of surgery. Please wear a loose fitting, preferably button-front shirt to assure your comfort and ease following surgery.