

Outpatient Surgery Patient Information

Your Surgery has been scheduled for ____/____/____

◆ Borgess Medical Center ◆ Bronson Methodist Hospital ◆ Surgery Center of Kalamazoo
(269)226-5753 (269)341-6829 (269)323-9905

Borgess Orthopedics will send you a pre-surgical information packet in the mail. Your packet will include your arrival time and other important information. Please be sure to thoroughly read all information and instructions.

Before Surgery:

- Pre-Admission nurses from the facility you are having surgery at will call you 2-3 days prior to your surgery to discuss your medical history, current medications and if an appointment will be necessary for any additional testing. Arrangements will be made at that time regarding the location, date and time of any testing. It is important to talk with them before your surgery.
- Compile a list of all medications you are currently taking and a list of questions you may have for your surgeon and/or the anesthesiologist. You will have the opportunity to speak with the anesthesiologist at the hospital prior to your surgery.
- **MEDICATION INFORMATION:** Discontinue taking any aspirin or aspirin like products (Advil, Motrin, Ibuprofen, Aleve, Naproxyn, Indocine) 7 days prior to surgery. If you are taking Celebrex or Tylenol you may continue this. If you are taking Aspirin 81mg, please discontinue 5-7 days prior to surgery. If you take a blood thinner such as Plavix or Coumadin please contact your cardiologist regarding discontinuation of medications prior to your surgery. Pain medications (Tylenol #3, Norco, Vicodin, Lortab, Percocet, Tramadol/Ultram, or Oxycontin) are okay to take prior to surgery.
- To decrease your chance of an infection, do not shave your legs for 1 week prior to your surgery
- If you receive a prescription for a brace (for meniscus repair only), please be sure to pick up the brace at Teter Orthotics & Prosthetics, 1516 Trimble Ave. phone# (269)349-4412.
- If you are having a knee arthroscopy, crutches may be needed. If you have crutches, plan on bringing these to the hospital, otherwise the hospital or facility will provide them.

Outpatient Surgery Patient Information

Day of Surgery:

- Remember to follow strict instructions regarding food and liquids outlined in your information packet.
 - Surgery before 12pm: no food or liquid (includes chewing gum and candy) after 12am the night before.
 - Surgery after 12pm: you may drink clear liquid from 12am-7am (ie. apple juices, Jello, chicken broth). No Coffee, pop, or caffeine.
 - Medications that have been approved by pre-surgical testing are okay to take with a sip of water.
- You may brush your teeth but do not swallow any water.
- Bring any braces and crutches if you were given these items. All other equipment (CPM or motion machine, and ice/compression units) may be left at home.
- Please arrange for a driver to and from the hospital for your safety. It is also necessary to arrange for someone to stay with you for the first 24 hours following surgery.

After Surgery:

- Following surgery, you will be in the recovery room for approximately 1-2 hour. Your family will be contacted by hospital nursing staff when they are able to see you in recovery.
- No driving or operating heavy machinery until you are no longer taking prescription pain medications.
- Refer to your pre-surgical packet for your scheduled post-operative appointment at Borgess Orthopedics (usually 10-14 days following surgery) with your surgeon or a physician's assistant (PA).
- Your surgeon will give you a prescription for a pain medication while you are in recovery room.

Post Operative Appointment:

- Refer to your pre-surgical packet. Appointment will typically be 10-14 days following surgery at Borgess Orthopedics.