

Ascension Borgess Orthopedics & Sports Medicine

Preoperative Instructions

Your Surgery has been scheduled for ____/____/____ at Borgess Medical Center; 1521 Gull Rd, Kalamazoo, MI; Same Day Surgery; Ground Floor.

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-surgical testing nurses from Borgess will call you 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.
- If you are having a knee replacement, you will be given a date for “Joint Camp”, an informative class that will explain expectations along with other important information regarding your surgery and recovery. Bring a list of questions you have about recovery and hospital stay. Joint Camp is on the 2nd floor of Borgess Medical Center.
- 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:** Unless your cardiologist says otherwise, discontinue taking any aspirin or anti-inflammatory medications (Advil, Motrin, Ibuprofen, Aleve, Naproxyn, Indocine) 7 days prior to surgery. If you are taking Celebrex or Tylenol you may continue this. If you take a blood thinner such as Plavix or Coumadin please contact your cardiologist or vascular surgeon 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

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Preoperative Instructions

- 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.
- If your surgery requires post-operative equipment such as icing or motion machines, a company representative will contact you to schedule a home drop off and informational session relating to that equipment.

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.
- For outpatient surgery, 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 hours. Your family will be contacted by hospital nursing staff when they are able to see you in recovery.

Ascension Borgess Orthopedics & Sports Medicine

Preoperative Instructions

- No driving or operating heavy machinery until you are no longer taking prescription pain medications.
- Your surgeon will give you a prescription for a pain medication while you are in recovery room.

Discharge From Hospital:

- For inpatient surgery, many patients may discharge home the day after surgery in the afternoon if comfortable. If you need to go to a special rehab facility, a social worker at the hospital will help you and your family make arrangements after surgery.

Post Operative Appointment:

- Your first post-operative appointment at Borgess Orthopedics is usually 10 to 14 days following surgery. Please contact Borgess Orthopedics at (269)343-1535 if you have questions.