

## Inpatient Surgery Patient Information

Your Surgery has been scheduled for \_\_\_\_/\_\_\_\_/\_\_\_\_

◆ Borgess Medical Center  
(269)226-5753

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:**

- If you are having a total joint procedure, pre-surgical testing (PST) will be scheduled and the date & time will be included in the pre-surgical information packet in the mail.
- 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. PST and Joint Camp will be scheduled for a Monday. Bring a list of questions you have about recovery and hospital stay. Joint camp is on the 2<sup>nd</sup> 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:** 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, Lortab, Vicodin, Percocet, Tramadol/Ultram, or Oxycontin) are ok to take prior to surgery.
- If your surgery requires post-operative equipment such as icing or motion machines, one of two companies will contact you to schedule an at home drop off and informational session relating to that equipment. If you receive a prescription for a brace please be

sure to pick up brace at Teter Orthotics & Prosthetics, 1516 Trimble Ave. phone# (269)349-4412.

- 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 discharge from the hospital or facility.

#### **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 ok 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.

#### **After Surgery:**

- Following surgery, you will be in the recovery room for approximately 2-4 hours. Your family will be contacted by hospital nursing staff when they are able to see you in recovery.

#### **Discharge from Hospital:**

- If you need to go to special rehab facility, a social worker at the hospital will help you make arrangements after surgery.
- If you are on Coumadin/Plavix, labs and blood work may need to be done after surgery.

#### **Post Operative Appointment:**

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