

PRE-OP Surgical Instructions

Date of Surgery: _____ at _____

Pre-admission lab work should be completed at a: HNL/LVHN lab St. Luke's Lab Other _____

Date of Pre-Admission Phone Screening from:

Date of Pre-Op Clearance Appt. _____ with Dr. _____

You will be called the night before your surgery with a time to report to the hospital for the following day. This is done by the hospital you are scheduled at. They will review any instructions with you.

Please read included brochures and have studies done as scheduled.

1. No eating or drinking after midnight prior to surgery. Also, consume more liquids rather than solids the day before surgery (i.e. soup).
2. If you are taking medication for your heart or blood pressure and you normally take it in the morning, you should take these on the morning of your surgery with small sips of water.
3. Wash surgical site with an antibacterial soap (Hibiclens) daily for 5 days prior to surgery or as ordered by your physician.
4. For all total joint procedures and spinal fusions, schedule a dental appointment prior to your surgery if you haven't been seen by a dentist in more than 6 months, or if you are experiencing any dental pain.
5. You will need transportation the day of surgery and a companion for 24 hours after surgery for outpatient procedures.
6. Wear loose comfortable clothing on the day of your surgery.
7. Applying ice packs for 20 minute sessions and elevating arm or leg above heart level for joint/limb surgery is recommended to help control pain and swelling after surgery.
8. Use your best judgment when resuming post-operative activities (for example, no heavy lifting, rigorous activities, etc.)
9. Please call our office at 610-973-6200 if you have any questions prior to your follow-up visit with the doctor.
10. Please ensure proper insurance referrals are obtained if needed. If Workers' Compensation or Auto Insurance, please notify Workers' Compensation carrier as soon as surgery is scheduled.
11. Please bring crutches, walker, cane, or spinal brace if given to you on the day of your surgery if you are instructed to do so.
12. Do not drive while on narcotics or muscle relaxants at any time. If taking prescription pain pills daily (vicodin, percocet) please take an over-the-counter stool softener daily (colace, miralax, senekot).