

## SURGERY PREPARATIONS

### 6-8 weeks prior

- Purchase SAGE Antiseptic Body Cleanser Washcloths, if available. The wipes are located behind the pharmacy counter, you will need to ask the pharmacist to purchase these wipes. Wipe your *entire body* before arriving at Squamish General Hospital on the day of your surgery. DO NOT use Chlorhexidine Gluconate. *If SAGE wash cloths are not available, wash with plain unscented soap and water.*
- Constipation is miserable. It is easier to prevent than treat. Discuss options for prevention with your GP/pharmacist (consider PEG or Senokot) prior to surgery.
- Refrain from scheduling a dental appointment 6 weeks prior and 6 weeks after surgery. This includes cleanings, check-ups and any other dental procedure. If you are scheduled for surgery and have an urgent dental matter come up, please notify our office immediately.
- If you are over 50 years of age you will need an EKG completed prior to surgery.
- Notify our office if you are on prescription diuretics as you will need lab work completed.
- If you believe that you have an infection or have been prescribed antibiotics for any reason within six weeks prior to your surgery date, please notify our office immediately.
- There are risks involved with flying after surgery. It is recommended to avoid flying or prolonged travel for up to 6 weeks post surgery, please call our office for any specific questions.

### Approximately 2 Weeks Prior

- If you are taking ASA (Acetylsalicylic Acid) that has been prescribed by your doctor for cardiac reasons, please notify our office and continue taking the ASA.
- Ten days prior to your surgery please refrain from taking any non-steroidal anti-inflammatory drugs (NSAIDs) or supplements including Vitamin E, ginger, ginseng, turmeric or ginkgo biloba. If you are unsure if you are on any of these products, please contact our office for reference. Commonly used drugs include, but are not limited to: Ibuprofen, Advil, Motrin, Robaxacet, Celebrex, Naproxen, brand name Bayer products, aspirin, Cold-Fx. These products cause your blood to thin and make it difficult to see during surgery.
- If you have any open wounds 2 weeks prior to surgery please notify our office.
- It is important to avoid high risk activities at least 2 weeks prior to surgery. An injury can cause your surgery to be canceled and depending on the severity of your injury your surgery could be delayed until you are fully healed. High risk activities include, but are not limited to, snowboarding, skiing, mountain biking, hockey and “dangerous jobs”.
- One week prior to your surgery, please do not remove hair from the surgical site. This can increase your risk of postoperative infection.

## DAY CARE SURGERY INSTRUCTIONS

Please check in at Squamish General Hospital Admitting desk 2 hours prior to your surgery time (If you are the first surgery of the day, your check in time is 7:00am). Your surgery time is subject to change. **Our office will contact you before 3:00pm one business day prior to your surgery date.** Unfortunately, we are never able to confirm the time of your surgery until one business day prior. Please follow these instructions.

### Medications

- Check with our office to determine if you should take your regular medication(s) the morning of your surgery.
- **Bring your prescription medication(s) with you to the surgery.**

### Food/Fluids

- **Do not eat or drink anything after midnight**, the night prior to your surgery. This includes water.

### General Instructions

- Inform our office immediately if you have a cough, cold or fever within 2 weeks prior to surgery.
- Inform our office immediately if you are infected with or a carrier of MRSANRE (superbugs).
- Have a bath or shower the night before or morning of your surgery.
- Wipe your body with SAGE antiseptic body cleanser washcloths before arriving at Squamish General Hospital on the day of your surgery.
- Do not wear make-up or nail polish. Artificial nails may be left on.
- If you have long hair, tie it back with an elastic band.
- Do not wear contact lenses.
- Wear comfortable clothing that is easy to take off and put on.
- Do not wear any jewellery.
- Leave all valuables at home.

### Discharge

- Your discharge time will depend on the type of surgery and the anaesthetic necessary.
- Unfortunately we are unable to estimate the time which you will be discharged as it is dependent on when you recover from anaesthesia. You can provide the nurse with your pick up person's phone number and they can be called when you are ready to leave.
- You must not drive yourself home following your surgery because you will be considered to be Impaired.
- A responsible adult must take you home after surgery. **Your ride must be available** when you are able to be discharged. **Your surgery will be cancelled** if appropriate arrangements are not made.
- A responsible adult should stay at your home with you the first 24 hours after your surgery.
- You will be given specific post operative instructions before discharge.
- Refrain from taking any non-steroidal anti-inflammatory drugs (NSAIDs) or supplements 6 weeks after surgery.

For more information about your post operative care visit our website at [www.seatoskyorthopaedics.com](http://www.seatoskyorthopaedics.com). Under Services, Surgical Patients tab you will find post operative care instructions for our surgeries.