

COMMON PREOPERATIVE QUESTIONS

- When will I know the time of surgery?
 - Arrival information will be given to you one day before surgery.
- Will I need a ride to surgery?
 - If you are having day surgery, someone must stay with you at the surgical center while your surgery is underway and until discharge. You will not be permitted to drive yourself home.
- Should I stop my medications prior to surgery?
 - **DO TAKE** medication for high blood pressure, hyper/hypo thyroidism or acid reflux with a very small sip of water.
 - You may take Tylenol for pain leading up to surgery.
 - **DO NOT TAKE** any aspirin or arthritis medications such as: Naproxen, Aleve, Ibuprofen, Advil, Motrin, Nambumetone or Relafen seven days prior to surgery.
 - **DISCONTINUE** the use of herbal supplements seven days prior to surgery.
 - **XARELTO, ELIQUIS or other BLOOD THINNING medications.** If you are using blood thinners please contact your primary care physician or cardiologist for pre-operative planning and instructions.
 - All other questions regarding currently used medications should be directed toward the prescribing physician.
- Do I need any pre-operative testing?
 - If you are over 65 or have any cardiac conditions you will need an EKG within 30 days of surgery and standard bloodwork.
 - Currently we continue to COVID test and you will need a hospital performed COVID test within 3 days of your surgery.
- How do I prevent a bloodclot (DVT) after surgery?
 - You will be prescribed a blood thinner after surgery. In most cases this is Aspirin.
 - Although you should be resting it is good to move your body (get to the bathroom or move around your house ever 1-2 hours).

- Will I need antibiotics after surgery?
 - You will get antibiotics through an IV at the time of surgery, but do not need oral antibiotics unless instructed otherwise.

- How much pain will I be in after surgery?
 - Rest and elevation (over the level of your heart) are key to minimize pain.
 - It is normal to feel the leg throb and become swollen when you get up or move around, but should improve with elevation
 - In most cases you will have a nerve block which helps minimize pain after the procedure.
 - You may also have a pain pump, which is a longer acting nerve block
 - More information on pain pumps can be accessed here:
<https://avanospainmanagement.com/solutions/acute-pain/on-q-pain-relief-system/>
 - Many procedures are less painful than expected and respond favorably to over the counter tylenol, ibuprofen, aleve or advil.
 - You will likely receive a small amount of oral narcotic (ie. Oxycodone) which some patients need to take the first week after surgery.

- How much help will I need after surgery?
 - Most people find it helpful to have someone nearby to help for at least 1 week after surgery.
 - Grocery and/or meal delivery is very helpful.

- How much time do I need to take off work after surgery?
 - In most cases you should take at least 10-14 days off to be home and elevate.
 - If you are able to work from home you may be able to do this once you are off of pain medication, which in most cases is within a week.
 - If you have any forms from your employer you need completed please send to our office and include when you would like to return.
*It is typically easier to ask for more time and go back sooner if able.

- How long do I need crutches after surgery?
 - Most surgeries will require you use crutches for at least 2 weeks.
 - You will be given crutches, but if you prefer to use your own you may bring them with you.
 - If you choose to use a knee roller or i-Walk you may use it right away. You do not need to wait until your post op visit.
 - If you had a fracture or tendon repair you will likely need crutches/knee scooter for at least 4-6 week your surgery.

- Can I drive after surgery?
 - You will need a ride home from surgery.
 - If you are nonweightbearing (crutches or knee roller) you will likely not be able to drive for at least 6 weeks after surgery.

- When will I be seen after surgery?
 - In general, your first appointment will be scheduled approximately two weeks after your surgery, you will have subsequent visits scheduled depending on your surgery/recovery.

POST OPERATIVE ITEMS TO CONSIDER

These items will are not available at our office, but can be very helpful after surgery or recovery from injury.

Most items are available from medical supply stores but can also be purchased online through retailers or Amazon.com.

KNEE ROLLER/SCOOTER



https://www.amazon.com/KneeRover-Economy-Scooter-Steerable-Alternative/dp/B01H0S9AXM/ref=sr_1_2_sspa?crd=7IVJFHNBFLFDM&keywords=knee+roller+scooter&qid=1663340941&srefix=knee+roller%2Caps%2C242&sr=8-2-spons&psc=1

CUSHION FOR KNEE ROLLER



https://www.amazon.com/Knee-Scooter-Comfy-Cushion-Walker/dp/B078TN8BPN/ref=sr_1_13?crd=7IVJFHNBFLFDM&keywords=knee+roller+scooter&qid=1663340571&srefix=knee+roller%2Caps%2C242&sr=8-13

i-WALK



https://www.amazon.com/iWALK3-0-Hands-Free-Crutch-Alternative/dp/B08WJRWR57/ref=sr_1_1_sspa?keywords=knee+roller&qid=1663340497&srefix=knee+rol%2Caps%2C170&sr=8-1-spons&psc=1

CAST COVER FOR SHOWER



https://www.amazon.com/Waterproof-Protector-Watertight-Bandage-Reusable/dp/B07VMMY62K/ref=asc_df_B07VMMY62K/?tag=hyprod-20&linkCode=df0&hvadid=385191959882&hvpos=&hvnetw=g&hvrnd=14281521794021937283&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9002016&hvtargid=pla-822797325036&psc=1&tag=&ref=&adgrpid=78792189975&hvpon=&hvptwo=&hvadid=385191959882&hvpos=&hvnetw=g&hvrnd=14281521794021937283&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9002016&hvtargid=pla-822797325036

LEG ELEVATOR



https://www.amazon.com/Elevation-Surgery-Style-Jacquard-Sleeping/dp/B08Y2HPS4W/ref=sxin_15?asc_contentid=amzn1.osa.4a8f3bb5-3217-49bc-8f76-0f072ee28dd5.ATVPDKIKX0DER.en_US&asc_contenttype=article&ascsubtag=amzn1.osa.4a8f3bb5-3217-49bc-8f76-0f072ee28dd5.ATVPDKIKX0DER.en_US&content-id=amzn1.sym.8511bc77-ce1a-47b1-8e5a-86ae5541acf5%3Aamzn1.sym.8511bc77-ce1a-47b1-8e5a-86ae5541acf5&creativeASIN=B08Y2HPS4W&cv_ct_cx=leg+elevation+pillows&cv_ct_id=amzn1.osa.4a8f3bb5-3217-49bc-8f76-0f072ee28dd5.ATVPDKIKX0DER.en_US&cv_ct_pg=search&cv_ct_we=asin&cv_ct_wn=osp-single-source-pecos-desktop&keywords=leg+elevation+pillows&linkCode=oas&pd_rd_i=B08Y2HPS4W&pd_rd_r=6b5b0458-0a77-4ea9-a25a-f6d85d6e6989&pd_rd_w=kSVYB&pd_rd_wg=9xie8&pf_rd_p=8511bc77-ce1a-47b1-8e5a-86ae5541acf5&pf_rd_r=05QS8K4FRE9SEBZCDMSK&qid=1663342048&s=hpc&sprefix=leg+el%2Chpc%2C100&sr=1-1-c136b38f-96aa-48c0-85b0-7bbac30a3993&tag=evdy-20

EVEN UP SHOE BALANCER



https://www.amazon.com/EVENup-Shoe-Balancer-Leveler-Children/dp/B08FX3YPWQ/ref=asc_df_B08FWY1M3D/?tag=hyprod-20&linkCode=df0&hvadid=507593807983&hvpos=&hvnetw=g&hvrand=3103003474443112871&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=9002016&hvtargid=pla-1249987120947&th=1