

Before surgery, please follow these directions to avoid any complications before your surgery (with general anesthesia).



Medications or Supplements

Blood Thinner Medications. You must be off blood thinners before surgery BUT FIRST talk to your doctor. Go to your PCP (primary care provider) or Cardiologist and show this sheet. Ask the doctor for instructions on when to STOP taking any of these Blood Thinner (Anti-Coagulant) medications.

Apixaban (Eliquis)	Daltaprin (Fragmin)	Rivaroxaban (Xarelto)
Aspirin (Ecotrin)	Dipyridamote (Aggrenox)	Ticagrelor (Brilinta)
Clopidogrel (Plavix)	Enoxaparin (Lovenox)	Warfarin
Dabigatran (Pradaxa)	Heparin	(Coumadin, Jantoven)

Anti-inflammatories and supplements: STOP 10 days before surgery.

NOTE: Having Pain? Pain mediation (ie: Norco) and Acetaminophen (Tylenol) are OKAY to take for pain, even on the morning of surgery, Just let the anesthesiologist know.

Anti-inflammatories:

Alka-Seltzer	Diclofenac/Misoprostol (Arthrotec)	Oxycodone/Aspirin (Percodan)
Anacin	Diclofenac Sodium (Voltaren)	Pentazocine (Talwin)
Arthritis Pain Formula	Ibuprofen (Advil, Motrin)	Prioxicam (Feldene)
Aspirin (Empirin)	Indomethacin (Indocin)	Propyxphe
Bufferin	Ketorolac (Toradol)	(Darvon Compound)
Bulbital/Aspirin (Fiorinal)	Meloxicam (Mobic)	Quiet World
Carsiprodol (Soma)	Naproxen (Anaprox, Naprelan)	Sulindac (Clinoril)
Celecoxib (Celebrex)	Naproxen Sodium (Aleve, Naprosyn)	Vanquish
Coricidin	Orphenadrine/Aspirin (Norgesic)	

Supplements:

Chondroitin	Ginseng	MSM
Fish Oil	Glucosamine	St. John's Wort
Ginkgo Biloba	Kava Kava	Turmeric



Starting at midnight, the night before surgery, STOP eating or drinking

To prevent nausea on day of surgery, you want your body to be empty and free from fluids and solids. Starting at midnight, the night before surgery, STOP eating (food, gum) and drinking (soda, alcoholic beverages, tea, coffee, mineral water, and regular water) until after your surgery

ONLY SMALL SIPS of water IF you are taking your required routine medications as instructed by your PCP.



No Smoking and Drinking

STOP SMOKING at least 3 weeks before surgery. Nicotine negatively changes how blood vessels behave during the recovery process. Recovery may be harmed or delayed.

NO ALCOHOL at least 48 hours before surgery, Alcohol may increase the risk of bleeding.



Dental Work

This instruction only applies if you having a total joint replacement surgery (for the shoulder, hip, knee, ankle, or elbow).

Anticipating any dental procedures? You must talk to your dentist about your upcoming joint replacement surgery to avoid complications, like infections.

How To Be Safe After Surgery



Transportation. APPLIES ONLY IF YOU ARE HAVING GENERAL ANESTHESIA or SEDATION. Have someone take you to and bring you back home from the hospital or surgery center. Anesthesia and pain medications will make it unsafe for you to drive or get home on your own.



Caregiver. Even if you usually take care of everything on your own, you may need help at home to safely recover. Your helper can assist with meals, medicine, driving, and other daily activities. Please talk to your surgery coordinator so you understand if care is needed at home.



Prepping Meals. Get your groceries and plan to prepare your meals ahead of time and store them in the freezer for use after you get home from the surgery facility.



Pathways.

- Remove clutter to provide a clear path to walk around your home.
- Secure any loose cords (electrical or telephone) that may be lying on the floor.
- Make sure to wear non-slip socks or non-slippery shoes around the house.
- Consider placing non-skid mats on the shower or tub floor.
- Take all throw/scatter rugs off the floor. Rugs are a tripping hazard and can cause falls.



Night Lights. Install and use night lights in hallways, bedrooms, and bathrooms.



Handrails. Use handrails in the bathtub, shower, or toilet areas.



Unlocked Doors. While in the bathroom, leave doors unlocked in case you need help.