



## Instructions Before Orthopedic/Podiatric Surgery

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In order to receive your arrival time and other pertinent information, the Pre/Post Operative Care Unit will contact you the day before your surgery. If your surgery is scheduled for Monday, you will be contacted on Friday. If you have not been contacted by 3:00 PM, please call **Chardon Surgery Center at 440-285-2900.**

We ask that you notify the office/physician of any changes in your condition or health such as fever, cold, rash, etc. For any questions or concerns regarding your procedure, please contact your surgeon's office.

### **Precision Orthopaedics Specialties Inc. 440-285-4999**

1. MEDICATIONS                      To minimize the risk of blood loss during your surgery, you must avoid or stop taking medications that contain aspirin, that are anti-inflammatory medications, or contain blood thinning agents. These should be discontinued 7-10 days prior to your surgery. This includes Vitamins, Herbs and Supplements for they too may contain blood thinning components. If you are taking any blood thinners or insulin, notify your surgeon at the time of your visit; you may need to be evaluated by the prescribing physician prior to your procedure. You may take extra-strength Tylenol and Tylenol based medications such as Darvocet and Vicodin. Blood pressure medications and cholesterol medication may also be continued up to the date of your surgery.
2. PRESCRIPTIONS                Bring a list of your current medications; however do not bring any medications with you from home.
3. FOOD                                Unless you are scheduled for local anesthetic, you will need to be NPO (nothing by mouth) after midnight the night before your surgery and on the morning of your surgery. If you are a diabetic, please check with us for special instructions.
4. SAFETY                              If you are receiving anesthesia or sedation for your surgery, you must have a responsible adult drive you home from the Center and remain with you for 24 hours after surgery. **You cannot drive for 24 hours following your procedure.**
5. BATHING                          A bath or shower should be taken with antibacterial soap the evening before or the morning of surgery. You should wash your hair. No facial makeup should be worn the day of surgery. Body lotions and creams should be avoided as well.
6. CLOTHING                        Wear a comfortable pair of pants and shirt or blouse with a wide neck opening or button front shirt that is easy to change into. All jewelry, watches, and valuables should be removed and left at home the day of surgery.
7. APPLIANCES                      On the day of your surgery, you may wear your dentures and hearing aids, as well as your glasses and contact lenses. Bring your glass or contact case with you.
8. SURGICAL SITE  
   INFECTIONS                        A surgical site infection is an infection that develops within 30 days after an operation, or, if an implant was placed, within one year and the infection appears to be related to the surgery. In order to help prevent such an occurrence, it is critical that you follow your doctor's orders regarding showering with an antiseptic soap and the taking of pre-operative antibiotics. In addition, post-op orders and general hygienic care such as washing your hands before touching the surgical areas and the taking of post-operative medications as ordered are critical. If you suspect you may have a surgical site infection please notify your surgeon as soon as possible.

PLEASE BRING A PHOTO ID AND YOUR CURRENT INSURANCE CARDS THE DAY OF SURGERY.

**The center is located outside the main doors of our Chardon office at 150 Seventh Ave, Chardon, Ohio 44024.**