

## Outpatient Surgical Information

Our goal is to prepare you for your upcoming surgery so that your experience is as uncomplicated as possible. Please let us know if you have any questions or suggestions that would allow us to serve you better.

Your surgery is scheduled for \_\_\_\_\_ at **Bloomington Normal Healthcare Surgery Center-BNHSC** which is located at 2100 Ft. Jesse Rd., Normal, IL 61761.

You should arrive for surgery at \_\_\_\_\_ **AM / PM** at \_\_\_\_\_ which is approximately an hour before your surgery. Please feel free to bring something to do during your wait. If your arrival time changes, you will be notified the day before your surgery.

Pretesting is NOT required

Pretesting IS required. Your pretesting is scheduled for \_\_\_\_\_ at \_\_\_\_\_ **AM / PM**.

- **Seven days before surgery**
  - Make arrangements to have someone stay with you the night after surgery.
  - Stop taking all medications that contain aspirin.
  - Stop taking all herbs or supplements that being with a “G” (Ginko, Ginsanna, Garlic).
  - If you develop a cold, fever, or rash, please let the office know as soon as possible.
- **Five days before surgery**
  - Stop taking all anti-inflammatories including: Ibuprofen, Advil, Motrin, Aleve, Naproxen, Relafen, and Voltaren. Both aspirin and anti-inflammatories increase your bleeding time and may contribute to bruising after surgery.
  - Celebrex does not affect your bleeding and may be taken up to the day of surgery.
  - You may take Tylenol (acetaminophen) until midnight the day of surgery.
- **Two days before surgery**
  - Stop drinking any alcohol – liquor, beer and wine – to reduce the chance of bleeding complications.
  - If you smoke you should stop before surgery, as smokers have a tendency to take longer to heal from surgery. Also, smokers who have general anesthesia are more likely develop a fever after surgery.
- **One day before surgery**
  - Work comp patients will get their meds before they leave the surgery center that day.
  - **Do NOT eat or drink anything after midnight (12 AM) the night before your surgery.**

- **Day of Surgery**

- Do NOT eat or drink anything. This includes water, coffee, or any liquid.
- Do NOT smoke.
- Do NOT chew gum, use breath mints, or hard candy.
- You may brush your teeth but be sure not to swallow any water or toothpaste.
- Do not take any medications unless you have been told to by either Orthopedics of Illinois' staff or the surgery center. (Any medication should be taken with a sip of water only.)
- Please take blood pressure medications only with a sip of water.
- Bring the name and dosages of all medications including any inhalers that you use with you to the surgery center.
- Bring a container for your contact lenses or eyeglasses.
- Wear something loose fitting and comfortable for surgery, keeping in mind that you will have a bandage and possibly a brace or sling after surgery. It is recommended that you wear something that buttons up the front for any shoulder surgeries.
- Leave all valuables at home including jewelry, credit cards, etc.
- You must have a ride home from surgery. You will not be able to drive for 24 hours after surgery due to the effects of anesthesia. Your ability to drive after 24 hours will depend on the type of surgery you had and the amount of pain medication that you are taking.
- You will need to bring crutches with you if you are having knee or ankle surgery. Schnuck's Pharmacy will loan them with a deposit.
- You will follow up with Orthopedics of Illinois in about 7-10 days to have sutures or staples removed. This appointment will be made for you along with therapy if needed. You will be given these dates at surgery.

- **Day after surgery**

- Begin exercises if you have been instructed.
- You may feel nauseated or fatigued. This is a common feeling following anesthesia. Please contact Orthopedics of Illinois if you are unable to keep fluids down, as you may need additional medications.
- Please refer to your post operative instructions for specific information.
- Take all medications with food as this may help in decreasing nausea.
- You may take your bandage off 2 days after surgery.
- Keep your incision dry until your stitches or staples are removed (you may use waterproof band-aids while bathing-do not soak). No ointments. When done showering take waterproof band-aids off. Cover with regular band aids or leave open to air.
- Ice and elevate as needed.

Additional instructions:

For any questions or concerns please contact **Orthopedics of Illinois at (309) 268-0000.**