



PRAIRIE

ORTHOPAEDICS &
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Pre-operative Instructions for Elective Surgery

Please read the following instructions carefully. Your surgery may be cancelled if these directions are not followed.

In preparation for your surgery:

- If you are being discharged home the same day of your surgery, please arrange for someone to drive you home and attend to you for the first 24 hours.
- Please notify our office how you can be contacted the day of surgery. If cancellations occur we may need to contact you to instruct you to arrive earlier than planned.

Prior to your surgery:

- Avoid any cuts, scratches, and scrapes two weeks before your surgery (playing with dog or cat, hiking, yardwork, etc.). The skin is the body's protective barrier. Any breach in the skin may result in bacteria or other pathogens entering your body, which increases your risk of surgical-site infection (even if the affected area is remote from the site of the operation, as bacteria can enter the bloodstream and travel to the site of inflammation – i.e. your surgical site). Please notify our office promptly if you have sustained a cut, scrape or scratch within 2 weeks of your scheduled surgery.
- Do not shave the operative area prior to surgery. Shaving can cause micro-abrasions which populate with bacteria, increasing the risk of surgical-site infection. If body hair needs to be removed from the surgical site, it will be done in the operating room with electric clippers.
- Please notify our office immediately if you become ill, develop a cold or infection, develop an open wound, or are placed on antibiotics within 4 weeks of your surgery. An active infection is a contra-indication to surgery. It is best for everyone to postpone your surgery until the infection is cleared, rather than canceling your surgery on the day of. We will promptly reschedule your surgery once the infection is cleared.
- Please remove make-up, nail polish, piercings, and rings.
- Follow the appropriate fasting guidelines (see below)
- Please take all regular medications with a small sip of water the morning of your surgery, unless otherwise instructed.
 - o Exception: stop all anti-inflammatories (ibuprofen, naproxen, etc.) at least 7 days (ideally 10 days) prior to surgery

Fasting Guidelines:

- Patients are required to fast before surgery. While under anesthetic, you may not be able to protect your airway. As a result, contents from your stomach may pass into your throat, and then be aspirated into your lungs. This is a very serious and potentially life-threatening condition. Thus, with your safety in mind, there are fasting guidelines.
- Nothing to eat or drink after midnight prior to your surgery, EXCEPT clear fluids
 - o Small amounts of clear fluids are allowed up until 2 hours prior to your surgery
 - Please note the first case of the day is scheduled for 08:00 am, so no clear fluids are allowed after 06:00am
 - o Examples of clear fluids include: water, apple juice, black coffee or tea (no cream or sugar), electrolyte-replenishing beverages that are see-through (ex. Gatorade, Powerade)
 - o Note: You ARE NOT allowed to chew gum prior to surgery.
- If you do not follow the fasting guidelines, your surgery may be delayed or cancelled.

What to bring:

- Health card
- Glasses case
- Upper extremity surgery: the surgical site will be covered in dressings and your arm may be in a sling after surgery. Please bring a loose-fitting shirt (preferably front button-up) to wear home after surgery
- Lower extremity surgery: the surgical site will be covered in dressings and your leg may be in a splint or brace after surgery. Please bring loose fitting pants (ex. sweats or track pants). Please bring crutches if you have them.
- Reading material or something to pass the time

Please do NOT bring:

- Valuables, jewelry, large quantities of money

Other information:

- Analgesic medications may be prescribed to you for post-operative pain control and will be given to you prior to discharge home
- After undergoing anesthetic, we recommend that for the next 24 hours you do not drive, operate heavy machinery, consume alcohol, or make any important personal or business decisions
- Despite appropriate planning and our best efforts, your surgery may be delayed or cancelled. Although this may be inconvenient and frustrating, we ask for your patience and understanding should these situations arise. If your surgery is delayed, many times it is because one of the cases before yourself took longer to perform. Please know that your surgeon will spend the appropriate amount of time to do a good job, rather than rush through a procedure to stay on schedule. If your case was particularly difficult your surgeon would spend the appropriate amount of time on you. If your surgery is cancelled, it is often because a procedure took significantly longer than planned, or because someone required urgent or emergent surgery. Please know that if you require urgent or emergent surgery we would do the same for you. We will do our best to reschedule your surgery promptly if your surgery is cancelled.