## ORTHO Preoperative Instructions

Please review these **IMPORTANT** reminders:

**GENERAL INSTRUCTIONS:**

1. Bring your Government Issued Photo ID and Insurance card(s).
2. Bring sling/immobilizer, Polar Care ice machine, etc. as instructed by your surgeon.
3. DO NOT eat ANYTHING after midnight the evening before your surgery. You may drink up to 8 ounces of water, black coffee, or apple juice the morning of your procedure, but you must STOP two hours prior to your arrival.
4. You must have a responsible person 18 years or older that will take you home after surgery. This person MUST remain in the Surgery Center throughout your entire stay.
5. You will not be permitted to drive for at least 24 hours following your procedure; therefore, you will need a responsible adult (over the age of 18) to drive you home and stay with you for 24 hours.
6. Wear something loose and comfortable to go home in. Loose, button-up shirts are recommended for shoulder and elbow surgery and very loose-fitting pants or shorts for lower extremity surgeries. Form fitted clothing will make it difficult to wear braces, splints or bandages that are required after surgery.
7. Do not wear makeup or jewelry.
8. If you develop any changes in your health status such as fever, cough, rash, cold, vomiting or diarrhea, notify your surgeon immediately.

**MEDICATION INSTRUCTIONS:**

1. Please **only take** the medications approved by your physician or anesthesia provider the morning of your surgery **with a small sip of water**.
2. **DO** **NOT** take any **DIURETICS/WATER PILLS** the morning of surgery.
3. **STOP all VITAMINS and HERBAL SUPPLEMENTS two weeks prior to your surgery.**
4. **If you use INHALERS for asthma,** please bring them with you.
5. **If you are DIABETIC**, please **DO NOT** **take any oral diabetic medication** on the morning of your surgery**.** If you take **insulin,** follow the guidance of the physician who manages your diabetes**.**

**\*\*\* IF YOU TAKE ANY OF THE MEDICATIONS LISTED BELOW FOR DIABETES OR WEIGHT LOSS, PLEASE FOLLOW THE HOLD INSTRUCTIONS SPECIFIED AND CONSULT THE PRESCRIBING PHYSICIAN FOR ADDITIONAL GUIDANCE\*\*\***

DAILY DOSE ORAL MEDICATIONS - HOLD MEDICATION DAY OF SURGERY

Byetta/exenatide

Victoza/liraglutide

Adlyxin/lixisenatide

Rybelsus/semaglutide

WEEKLY DOSE INJECTIONS - HOLD INJECTION 1 WEEK PRIOR TO SURGERY

Bydueron/exenatide

Ozempic/semaglutide

Wegovy/semaglutide

Trulicity/dulaglutide

Mounjaro/tirzepatide

Saxenda/liraglutide

DAILY DOSE ORAL MEDICATIONS - HOLD MEDICATION 3 DAYS PRIOR TO SURGERY

Invokana/canagliflozin

Farxiga/dapagliflozin

Jardiance/empagliflozin

Stegaltro/ertugliflozin

Synjardy/Jardiance + Metformin

1. **If you take BLOOD THINNERS (for example: Eliquis, Arixtra, Xarelto, Plavix, Coumadin, Lovenox, etc.) please follow your Surgeon’s instructions.**
2. **IF** your surgery requires you to have a REGIONAL BLOCK, please follow the **BLOOD THINNER** guidelines below:
   1. Discontinue ELIQUIS (Apixaban), ARIXTRA (Fondaparinux),

or XARELTO (Rivaroxaban) 72 hours prior to surgery.

* 1. Discontinue PLAVIX (Clopidogrel) 7 days prior to surgery.
  2. Discontinue COUMADIN (Warfarin) 5 days prior to surgery **and** have an INR drawn the day before or morning of surgery.
  3. Discontinue daily or twice daily LOVENOX (Enoxaparin) 12 hours prior to surgery. Discontinue therapeutic dose (1 mg/kg q 12 hrs or 1.5 mg/kg daily) 24 hours prior to surgery.
  4. ASA and NSAID’s do not need to be held.

**OTHER REMINDERS:**

1. **DO NOT** smoke or drink alcohol 24 hours prior to surgery.
2. Please refrain from using **MEDICAL or RECREATIONAL MARIJUANA 48 HOURS PRIOR TO YOUR PROCEDURE.** These substances can cause you to have adverse reactions to anesthesia and medications.

If you have questions regarding any of the above information, please contact the pre-op desk at 717-431-2431.