

Use this guide as a checklist to ensure that you are prepared for surgery.

<b>What to do:</b>	<b>When, Why &amp; How:</b>	<b>Completed?</b>
<b>6-8 Weeks Prior to Surgery</b>		
<p>Stop or Decrease Smoking</p>	<p>Quitting smoking or reducing the amount you smoke 6 weeks before surgery will decrease your risk of having complications from surgery or anesthesia. There are many free resources that can help, including counseling, patches &amp; gums. Medications can also be prescribed. Talk to your Family Doctor, call 8-1-1, or visit <a href="http://www.quitnow.ca">www.quitnow.ca</a> to get started.</p>	
<b>4 Weeks Prior to Surgery:</b>		
<p>Order or Purchase Braces or Devices Recommended by your Surgeon</p>	<p>Your surgeon may have prescribed a device such as a cast boot, post-operative shoe, ice machine, compression stocking, brace or sling to use after surgery. This equipment can usually be purchased at One Bracing @ Rebalance<sup>MD</sup>, McGill &amp; Orme, Island Orthotics, Queen Alexandra Hospital or other medical supply stores.</p> <p>Occasionally, a device may be ordered in. Please allow time for this.</p>	
<p>Review Medications</p>	<p>Review the medication list on the next page and plan to stop medications, if required.</p>	

## Instructions for Your Regular Medications

Most medication can be taken as usual up to and including the day of surgery. However, there are some medications that should be stopped before surgery to decrease the risk of complications.

On the day of surgery: you may take any ALLOWED medications with 30 ml (1 Oz) of water per pill up to one hour before surgery.

Type of Medication	Generic Medication Name (Trade Name)	When to Stop
<b>Pain Medications:</b>		
Tylenol	Acetaminophen (Tylenol)	Do not stop; May take day of surgery
Narcotics	codeine (Tylenol#3) tramadol (Tramacet) oxycodone (Percocet) hydromorphone (Dilaudid)	Do not stop; May take day of surgery
Anti-Inflammatories or NSAIDs	celecoxib (Celebrex); meloxicam (Mobicox); ibuprofen (Advil, Motrin); diclofenac (Arthrotec, Voltaren); indomethacin (Indocid); naproxen (Aleve)	Do NOT take on the day of surgery
<b>Blood pressure lowering or Heart medications:</b>		
ACE Inhibitors	captopril, cilazapril; enalapril; rosinoipril; ramipril, trandopril and others	Do NOT take the day of surgery
Diuretics	hydrochlorothiazide, furosemide (lasix), spironolactone	Do NOT take the day of surgery
Blood 'thinning' Medications:	warfarin (Coumadin) heparin rivaroxaban (Xarelto) dabigatran (Pradaxa) clopidogrel (Plavix) ticlopidine (Ticlid)	<i>IF you are on ANY of these medications, contact your cardiologist and/or orthopaedic surgeon for instructions</i>
β (Beta) Blockers	Metoprolol, bisoprolol, atenolol, carvedilol, labetalol, acebutalol, propranolol, sotalol and others	Do not stop - TAKE on day of surgery
<b>Diabetic Medications:</b>		
Oral Hypoglycemic Agents:	Glyburide Metformin rosiglitazone (avandia) pioglitazone (Actos) repaglinide	Do NOT take day of surgery
Oral Contraceptives (Birth Control) or Hormone Replacement Therapy	Estrogen/progesterone	Major lower extremity surgery: (e.g ACL reconstruction, hip or knee replacement): stop 1 month prior to surgery and re start 1 month after surgery to reduce risk of blood clot
Herbal, Natural Health Products, Vitamin E		Stop 7 days before surgery
Iron, Vitamins		Do NOT take on the day of surgery

## 2-4 Weeks Prior to Surgery:

Purchase TWO Antibacterial Chlorhexidine 4% sponges	These can be purchased at many pharmacies or One Bracing @ Rebalance <sup>MD</sup> . You will use these on the night before and day of surgery to perform a scrub to reduce the risk of infection. Instructions for how to use the sponges are below.	
Reduce your Risk of Surgical Infection	Do NOT shave the skin around your incision in the 10 days before your surgery. This is to reduce the risk of infection.	
Notify your Surgeon or Navigator of Infections or Illness	Call your surgeon's office if you have: <ul style="list-style-type: none"> <li>• Open, non-healing or draining wounds ANYWHERE on your body or uncontrolled eczema or psoriasis near your surgical site.</li> <li>• An infection in your body (e.g bladder, skin, lung, teeth)</li> <li>• Recent change in health such as chest pain, high blood sugars, high blood pressure, etc.</li> </ul>	

## 3-7 Days Prior to Surgery

Hospital Pre-Admission Clinic	The hospital pre-admission clinic calls all patients within one week of surgery.  You may need to have tests or see the nurse, Anaesthesiologist, Pharmacist and/or other specialist. The Pre-Admission Clinic will give you directions regarding this.	
Preparing what to bring to hospital	Any equipment that your surgeon has indicated you will need: e.g. post operative sling, brace, removable castboot, cryo therapy (ice machine) unit or crutches. Label with your name. Make sure that you have tried on the device and had it properly fitted before your surgery.  BC Care Card (If you do not have this, bring another form of ID)  Glasses (not contact lenses), hearing aids, dentures with storage cases labeled with name. Loose fitting clothing that is easy to remove; low heeled sturdy shoes; reading material if desired.  CPAP, or BiLevel machines or dental device if used for sleep.  An interpreter if you do not speak English.	

<p>What NOT to bring/wear</p>	<p>Do Not bring/wear:</p> <ul style="list-style-type: none"> <li>• Jewelry or body piercings</li> <li>• Valuables such as cash, credit cards, computers</li> <li>• Make up, false eye lashes, hair pins, talcum powder, deodorant or scented products</li> <li>• Nail polish – please remove</li> </ul>	
<p><b>Night before Surgery</b></p>		
<p>Fasting</p>	<p><b>Do <u>NOT</u> eat or drink anything after midnight the night before your surgery.</b></p> <p>Review instructions for medications.</p> <p>If you eat or drink after midnight, your surgery will be cancelled.</p>	
<p>1<sup>st</sup> Chlorhexidine Sponge Wash</p>	<p>Use ONE of the Antibacterial Chlorhexidine Sponges to complete a wash.</p>	
<ol style="list-style-type: none"> <li>1. Wash hair with usual shampoo and rinse.</li> <li>2. If showering, wet all of the body, then, move showerhead to the side to minimize soap loss during lathering.</li> <li>3. If bathing, place a minimum amount of water in the tub so that the body can be soaped with the sponge without washing away the suds. Sit down in the bath and be careful not to slip.</li> <li>4. Open one sponge and wet with a little water. Squeeze repeatedly to produce suds.</li> <li>5. Avoid contact with eyes, inner ear and mouth. Use only below head.</li> <li>6. Carefully wash the surgical area first.</li> <li>7. Then, wash armpits, belly button, feet and in between toes, back.</li> <li>8. Wash genital and anal area last.</li> <li>9. Do not rinse until your entire body has been washed and lather has been on skin for at least 2 minutes.</li> <li>10. Rinse body thoroughly and throw sponge away.</li> <li>11. Use a fresh, clean dry towel to dry the skin from head to toe finishing with the genital and anal areas.</li> <li>12. Do not apply deodorant, body lotion, cosmetics or powder afterwards.</li> </ol>		

Day of Surgery		
Regular Medications	Take any ALLOWED medications with 30 ml (1 Oz) of water per pill up to one hour before surgery.	
2 <sup>nd</sup> Chlorhexidine Scrub Wash	Use <u>SECOND</u> Chlorhexidine sponge to do a wash. You do not need to wash hair again.	
<p><u>Chlorhexidine Sponge Wash Instructions:</u></p> <ol style="list-style-type: none"> <li>1. If showering, wet all of the body, then, move showerhead to the side to minimize soap loss during lathering.</li> <li>2. If bathing, place a minimum amount of water in the tub so that the body can be soaped with the sponge without washing away the suds. Sit down in the bath and be careful not to slip.</li> <li>3. Open one sponge and wet with a little water. Squeeze repeatedly to produce suds.</li> <li>4. Avoid contact with eyes, inner ear and mouth. Use only below head.</li> <li>5. Carefully wash the surgical area first.</li> <li>6. Then, wash armpits, belly button, feet and in between toes, back.</li> <li>7. Wash genital and anal area last.</li> <li>8. Do not rinse until your entire body has been washed and lather has been on skin for at least 2 minutes.</li> <li>9. Rinse body thoroughly and throw sponge away.</li> <li>10. Use a fresh, clean dry towel to dry the skin from head to toe finishing with the genital and anal areas.</li> <li>11. Do not apply deodorant, body lotion, cosmetics or powder afterwards.</li> </ol>		
Go to Hospital Admitting Desk	<b>Check in at the main Admitting Desk of the hospital. Be on time.</b> Your surgery may be later or earlier than expected.	

*The information in this handout is intended only for the person it was given to by the health care team. It does not replace the specific advice or instructions given to you by your doctor.*