

Before Your Surgery

Medical Clearance: You will be contacted by the anesthesia team to go through your health history. Based on your conversation with them, they may require an in person appointment with prior to surgery for clearance. They will make this appointment at the time of your call if they feel it is necessary

☐ **Cardiac Clearance:** Cardiac Clearance: Required if you see a Cardiologist

***Please call your cardiologist and schedule this appointment yourself. You will need to provide us with documentation that your cardiologist feels it is safe for you to undergo surgery. Please be sure the documentation includes recommendations on any medications you take that are prescribed by your cardiologist.

☐ **COVID Test:** Duke is now requiring all patients having surgery undergo a COVID test **48-72 hours prior to surgery**. You will be contact 5-7 days prior to your surgery date by the COVID Testing Unit to schedule this test. If you do not hear from the COVID testing unit, and it is 72 hours prior to your surgery, Please call the COVID Testing Unit at 919-620-1294. Please do not call the COVID testing unit if it is more than 72 hours before your surgery.

Post-Surgery Brace: ☐ YES ☐ NO

***Please Bring Your Brace To Surgery

***Please DO NOT Remove Your Brace From The Plastic Bag

Surgical Scrub Sponges: Please shower the night before AND morning of your surgery. Open one surgical sponge and wash from the neck down. Allow the medicated soap to sit for 3-5 minutes. Rinse the area and dispose of the sponge when finished. If you did not receive surgical sponges, please use anti-bacterial soap if possible.

Work: Please let your employer know of your surgery date so you can make appropriate modifications to your work schedule or environment. We are happy to fill out any FMLA papers or disability papers required by your employer. You will need to provide our office with a Release of Information to allow us to provide the necessary documentation to your employer and/or Disability Company. We do ask for 5 business days to complete paperwork once it is requested



FOOD AND DRINK:

You **CAN NOT** eat or drink after **MIDNIGHT** the night before your surgery. This includes chewing gum and hard candy. PLEASE NOTE: Your surgery will be **CANCELLED** if this policy is not followed.

***YOU MAY HAVE A SMALL SIP OF WATER TO TAKE PRESCRIPTION MEDICATIONS ONLY when directed to during your anesthesia screening

Medications to Stop Prior to Surgery

14 days before surgery: Any Narcotics (Vicodin, Norco, Percocet, etc.)

10 days before surgery: Plavix, any herbal supplements and vitamins

7 days before surgery: Aspirin (including baby aspirin), Coumadin (as directed by your primary doctor), any other medications directed by your PCP

You can continue: Tylenol, Celebrex, Ultracet, Glucosamine, NSAIDs

If you are taking anything not listed above, contact your primary care doctor to ask them.

Insurance:

If you are curious what you're out of pocket costs and any insurance authorizations for your surgery → first start by checking with your insurance company. Our Financial Care Counselors (**919-684-9067**) can then assist with any estimates or questions regarding office visits, physical therapy, imaging, etc. We have a surgery authorization team (**919-620-1297**), who handles pre-authorizations prior to surgery. Please wait until at least 3 weeks prior to surgery to check with them.

FMLA/Disability Paperwork

Contact your place of work and make appropriate modifications to your work schedule and get any paperwork to our office (*fax or drop off in person*) that you will need to have filled out at least 2 weeks prior to surgery. There is a FMLA/disability paperwork questionnaire attached to this packet, please include this with your paperwork. Please make sure there is a HIPPA release form with your paperwork.

Prescriptions: *Your prescription medications will be sent to your pharmacy the day before your surgery for you to pick up.

Medications Following Surgery

- ***Narcotics:** (ex. Oxycodone) as Prescribed
 - Short term pain control only
 - Follow instructions on prescription bottle
 - To be stopped when moderate pain subsides
 - Side Effects:
 - Nausea
 - Drowsiness
 - Constipation
- **Tylenol:** as needed
 - 2 extra strength Tylenol 4 times a day to help with pain control
 - Can be taken in rotation with oxycodone
 - Purchased over the counter at your pharmacy
- ***Anti-emetic:** (ex. Zofran) as needed
 - Anti-nausea medication
 - Taken when having nausea associated with narcotics and anesthesia
 - Follow instructions on prescription bottle
- ***Anti-Inflammatory:** (ex. Naproxen) twice daily
 - Helps reduce swelling and inflammation associated with surgery
 - Follow instructions on prescription bottle
- ***Aspirin(325mg):** daily beginning the day after surgery
 - 1 –325mg Aspirin should be taken each day for 1 month following surgery to help prevent blood clots and promote blood flow