



**Date of Surgery:** \_\_\_\_\_

**Arrival Time:** A staff member from the surgery center will call you the afternoon before your surgery to let you know what time you should arrive for surgery.

**Surgery Location:** *Duke Ambulatory Surgery Center*

*2400 Pratt Street, Durham NC 27705*

**Physical Therapy:** *Pepsico Fitness Center*

*3475 Erwin Road, Durham NC 27705*

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**Surgical Coordinator**

Phone: 919-684-0493

Fax: 919-681-6357

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**Please contact our office with questions concerning:**

- Scheduling/changing appointments or surgeries
  - Preoperative surgical planning questions
    - Surgical questions
  - Recovery process/ Rehabilitation process
    - Medication questions
- Work forms, FMLA and notes ( please allow 5 business days to compete)

## 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

## Day of Surgery

### **Checking In:**

You can be dropped off at the front door or park and walk in. You will check in at the designated area.

### **What to Bring:**

You will need to bring a picture I.D. and your insurance card and information. We recommend that you do not bring anything of value with you to the facility. You will not be allowed to wear any jewelry in the operating room and will be required to remove it, so we recommend you just leave it at home.

### **What to Expect:**

Once you have checked in, you will be brought back to pre-operative area. Your family or friend may accompany you to this area. You will meet the nursing staff who will be taking care of you during your time at the facility. You will also get to see Dr. Lau for any last minute questions or concerns.

At this time you will get to sign all the paperwork required for surgery that day. After you have been “consented” for your surgery, you will get to meet and speak with the anesthesia team and ask them any questions you may have. Once all paperwork is complete and we are ready for surgery, a nurse will take you back to the operating room. Your family or friend will be asked to wait in the lobby, and when the procedure is done, someone will speak with them and they will be able to come and sit with you once you are awake. After your surgery, you will be moved to the recovery area where you will wake up and become oriented. Once the nursing staff feels you are alert and orientated your family or friend may come and see you.

All of your aftercare and discharge instructions will be given to your family or friend who accompanied you while you are still in recovery.

### **Things to remember the morning of surgery:**

- Please leave all valuables (money and jewelry) at home. To prevent having your glasses, contacts, and dental appliances from being lost, please give them to the designated family member who accompanies you to the Preoperative Holding area.
- You may prefer to take a bath or shower the morning of surgery
- Brush your teeth, but do not swallow the water.
- No gum or hard candy.
- Wear glasses rather than contact lenses.
- Please do not wear any makeup, lipstick, fingernail, or toenail polish.
- If you have long hair, braid it or tie it back with a rubber band. Hair should be free of sprays or gels.
- Wear comfortable clothes and shoes



**Arrange to have a family member or friend with you the day of surgery; this is a requirement for outpatient surgery.**

- Nothing to Eat or Drink
- Bring your Photo ID and Insurance Card
- NO Jewelry
- NO Makeup, Lipstick, Nail Polish
- Bring your BRACE (If applicable)

## **Visitor Policy**

When you receive the call from the surgery center with your arrival information, they will instruct you on what the person bringing you to your surgery should do upon arrival.

Currently, Duke Ambulatory Surgery Center is only allowing 1 parent/guardian to enter the surgery center with patients under the age of 18 years old. Patients 18 years or older will be asked to enter the surgery center alone.

Upon completion of your surgery, you will receive call and speak to the person that brought you to surgery with an update. Once you are ready to be discharged after surgery, the nursing staff will again contact the person who brought you to surgery to pick you up.

### What to Expect After Surgery

	<b>Normal</b>	<b>What to do</b>	<b>When to be alarmed</b>
Bruising	~Normal following surgery. ~May be localized bruising over the surgical sight, down your extremity or none at all ~May last 10-14 days.		
Swelling	~Normal Following Surgery ~May not occur for several days ~Will increase with activity	~Ice every hour for 20 min (or as instructed) ~Elevate leg that was operated on ~Ankle Pump / Fist Squeeze exercises	
Bleeding	~Normal following Surgery ~May show through dressings	~Add additional dressing on top of what was placed during surgery ~Change only when instructed to do so by Dr Taylor's staff.	~Bleeding through 2 dressings in 12 hrs
Pain	~Pain is expected after surgery. ~Follow instructions provided by your doctor regarding your pain medications.		~Excruciating pain that is uncontrolled with medication recommendations
Fever	Mild		Over 101.5 F

### Call Immediately When...

- Fever is over 101.5 F
- Chills/ Sweats
- Excessive Bleeding (described above)
- Odor from Wound
- Excessive Redness around wound
- Excruciating Pain
- Yellow/Green Discharge

**Monday-Friday** between **8am-5pm**

Call... **919-684-0493**

Ask to be connected to Stacey or Victoria

**Evenings, Nights, Weekends and  
Holidays**

call... **919-684-8111**

Ask for the Orthopaedic Resident on Call  
OR

Go to Emergency Room

## After Surgery

### **Wound Care**

Maintain your operative dressing, loosen bandage if swelling of the lower extremity occurs. It is normal to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing. You may remove the surgical dressing on the third post-operative day or wait until your first physical therapy appointment if possible – if minimal drainage is present, apply a clean dressing over incisions and change daily. To avoid infection, keep surgical incisions clean and dry. If you develop a fever (101.5), redness, or yellow/brown/green drainage from the surgical incision site, please call our office to arrange for an evaluation.

### **Suture removal**

Your sutures will be removed 10-14 days after surgery. Please do not soak in a pool or bathtub until cleared.

### **Driving**

Driving is permitted if the narcotic pain medication is no longer being taken and you feel comfortable getting into and out of a car. Depending on what operation you had done, you want to feel comfortable pressing down on the gas and brake pedals before driving. Driving a manual car may take longer. You may request a handicap placard to better accommodate you.

### **Ice Therapy**

Begin icing immediately after surgery. Use your icing machine (if given one) continuously, or ice packs (if machine not prescribed) 3-4 times a day for 20 minutes daily until your first post-operative visit – care should be taken with icing to avoid frostbite to the skin.

### **CPM (Continuous Passive Motion Machine)**

Some procedures utilize a different protocol and this will be communicated to you.

### **Showering/Bathing**

You can shower 72 hours (3 days) after your surgery. We ask that you keep the incision clean, dry, and covered. When you shower, you can buy bandages that seal the wound and are waterproof (**Tegaderm**). Ask your local pharmacy or drug store if they have these types of dressings. After your sutures are removed, you can shower without any type of dressing. We ask that you refrain from soaking or sitting in any type of tub until at least 6-10 weeks after your surgery.

### **Hot Tubs/Whirlpools**

Because of the heat and bacteria in the water, we **DO NOT** want you to use a hot tub or whirlpool for the first 6 weeks after surgery and/or instructed by provider.



## Important Contacts

**Orthopedic Scheduling Hub: 919-613-7797**

**ASC Surgery Center: 919-668-2000 or 888-780-6084**

**Duke Physical Therapy Appointment Line: 919-684-2445**

**MRI and CT Scheduling Hub: 919-684-7999**

**PRMO (Billing): 919-620-4555**

**Financial Care Counselors: 919-684-9067 or 919-660-5519**

**Surgery Authorization Coordinator: 919-620-1297**

**Surgery Estimates: 919-620-3264**

**DME Site Coordinator (Lewis): 919-668-9777**

**Medequip (Continuous Passive Motion Machine): 919-622-6853**

**Orthopedic Resident on Call: 919-684-8111**

**Dr. Dickens' Office Line: (919)684-0493**

**Fax Number for Dr. Dickens' Office: (919)681-6357**

**James R. Urbaniak, MD, Sports Science Institute (DSSI)**

Duke Center for Living Campus-Wallace Building

3475 Erwin Road

Durham, NC 27705

**Front Desk: 919-684-5888**