



SURGERY CENTER

346 Roxbury Road, Rockford, IL

## Instructions for Surgery

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**Simple Admit** (green card): Complete for anesthesiologist ASAP

**OISC Preadmission Nurses:** Call if any questions

**815/381-7401**

**Ortho Illinois Surgery Center:**

**815/381-7400**

Call the business day before surgery at 3-4 PM to get your surgery time.

- ❖ **Nutrition**– **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** the night before surgery. This includes no water, gum, mints, chewing tobacco, etc. If your surgery is late in the day, you *may* receive special instructions for drinking. OISC preadmission nurse will instruct you which medications you may take the day of surgery with sip of water \_\_\_\_\_.
- ❖ **Pain Medications**–**STOP NSAIDS (meloxicam, ibuprofen, Motrin, Advil, Aleve, Excedrin, etc.)** for 1 week prior to surgery. You may only have Tylenol/acetaminophen based products for pain control week prior.
- ❖ **OTC Medications**- Stop all *over the counter* vitamins/supplements 1 week prior to surgery. Continue prescribed vitamins like potassium, iron, etc., unless instructed otherwise by OISC preadmission nurse.
- ❖ **Prescribed Medications**- **KEEP TAKING ALL PRESCRIBED MEDICATIONS.**
  - If you are prescribed *blood thinner medications* (like aspirin, Coumadin, xarelto, Plavix, etc.) or *immunosuppressant medications* (like imuran, methothrexate, etc. for Rheumatoid arthritis, Crohns, Colitis, etc.), CALL YOUR DOCTOR that prescribes the medication and ask if you may hold it prior to surgery. **Do NOT stop any prescribed medication unless the prescribing doctor has given you permission to do so.**
- ❖ **Showering**–Read and follow instructions with SAGE wipes. Shower the night before surgery. Two hours after shower, wipe yourself down with one pack of wipes. Put on CLEAN Pajamas and CLEAN sheets on bed. In the morning, do NOT shower. Use 2<sup>nd</sup> pack of wipes morning of surgery. **No lotions/powders after shower/wipes. No Deodorant, if shoulder surgery.**
- ❖ **Fingernails**– **Polish/gels/artificial nails** are NOT allowed during your surgery. These carry bacteria and many do not allow us to accurately monitor your oxygen level. **No toenail polish, if leg/knee/foot surgery.**
- ❖ **Shave/Wax**– Do NOT shave/wax around *surgical site* 7 days before surgery.

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- ❖ **Cosmetics**– Do NOT wear make up to surgery, especially mascara.
- ❖ **Clothing**– Wear loose fitting clothing. Pants with zippers are more difficult to maneuver after surgery. Our dressings are bulky. You will need something that your arm, leg, etc. fits through easily with a large bandage. If shoulder surgery, you will need a shirt 2-3 times bigger than what you normally wear to accommodate your immobilizer/sling.
- ❖ **Ride home**– **You must have someone over the age of 18 to drive you home after surgery.** By law, you may NOT use public transportation(bus, cab, uber, etc.) to get home after surgery. We highly recommend that someone is with you for the first 24 hours after surgery.
- ❖ **Skin Integrity**- Protect surgical site from bug bites, scratches, scrapes, sunburn, etc. Healthy skin is your best defense against infections.
- ❖ **Jewelry**– Remove ALL jewelry. Jewelry is a risk for burns due to the equipment used. If jewelry is on surgical side, it is **NOT optional** to remove. If you are unable to remove it, it will be cut off or surgery cancelled.
- ❖ **BRING Glasses**- If glasses needed to read, bring to surgery center.
- ❖ **BRING Equipment**- Bring equipment that you've been given or instructed to get (immobilizer, sling, boot, crutches, walker, etc) to surgery center.
- ❖ **BRING CPAP**- If you are having anesthesia and have a CPAP at home, bring CPAP, with all cords and hoses, to surgery center (even if you don't use it).
- ❖ **BRING inhalers**- If you have inhalers, bring to surgery center.
- ❖ **BRING Insurance Card**– Bring insurance card and copay to surgery center.
- ❖ **BRING controller**– If you have any implanted STIMULATOR/DEVICE that has *a controller to turn it off*, controller **MUST** be brought to surgery center.
- ❖ **Prescriptions**– If your physician has given you prescriptions prior to your surgery, do NOT start these medications before surgery (unless specifically instructed to by your surgeon or their assistant).
- ❖ **Children**- ALL children under 18 having surgery, **MUST** have parent/legal guardian present entire time at surgery center.
- ❖ **Pregnancy Test**– By law, females 13-50 years old will have urine pregnancy test day of surgery(unless have had hysterectomy).
- ❖ We take your health and safety very serious and would like to thank you for following these instructions. If these instructions are not followed, there is a risk surgery may be cancelled for your safety.