

Pre-Surgical Checklist

Please complete the checklist below during the surgical planning period. Completing each item ensures that you understand everything that is needed for a successful surgery and recovery period.

How to prepare your home:

- Remove all fall hazards (rugs, electrical cords, clutter)
- Stock up on all food/essentials
- Wear safe non-slip shoes while standing after surgery
- Have a plan for your pets

4-6 Weeks Prior to Surgery:

- Meet with your primary care doctor to work on improving modifiable risk factors such as: diabetes, smoking, chronic narcotic pain medication use, and obesity
- Begin all pre-surgical testing and medical clearances to ensure it is received by your surgical coordinator 2 weeks prior to surgery
- Focus on a high protein diet to assist in soft tissue recovery after surgery
- Begin your Home Exercise Program

2 Weeks Prior to Surgery:

- Ensure all preoperative testing and clearances have been received by our office
- Obtain a two-wheeled walker
- Speak with an OMG staff member regarding your plan for physical therapy
- Stop the following medications
 - NSAID's (Ibuprofen, Aleve, Motrin, Meloxicam, Mobic, Celebrex, Diclofenac, Naproxen)
 - Fish Oil & Turmeric Supplements
 - Medical Marijuana
 - Diet Pills
 - Blood thinners (per your primary care doctor/cardiologist instructions)

You will receive a phone call from the surgical facility to discuss all medications. The facility will tell you if you need to discontinue any medication prior to surgery

One Day Prior to Surgery:

- Speak with the surgical facility on time of arrival & what to bring (they will call you after 3pm)
- Clean all sheets, clothing, and towels that will be used after surgery
- Focus on hydration
- Ensure you have a responsible adult to drive you home from surgery
 - *We cannot discharge you to a ride share service!*
- DO NOT eat or drink after midnight