



OUTPATIENT SURGERY INSTRUCTIONS

Before Surgery:

1. Nothing to eat or drink after midnight (not even a sip of water). When you brush your teeth the morning of surgery DO NOT swallow the water. NO GUM or CANDY.
2. Make sure to bathe the night before surgery; do not shave skin the night before surgery.
3. Please discuss your medications with the physician prior to surgery. Stop taking all vitamins, supplements, and probiotics 1 week prior to surgery as these often delay healing and can cause excessive bleeding.
4. If you are having surgery on your lower extremities, you will need crutches or a walker. If you have a pair, bring them with you. Otherwise, these can be purchased from any pharmacy.
5. The day of your surgery, arrive to the facility at the time you have been given. Wear loose clothing and leave all valuables and jewelry at home.
6. If you are having shoulder surgery, a large button up shirt is recommended.

Post-Surgical Instructions

1. Remember, you are having surgery. You will have pain. Our goal is to make the pain tolerable but we will not be able to get rid of it entirely.
2. Elevation is extremely important to minimize swelling and pain.
3. Ice should be used often. You will be given an ice pack to take home from the facility
4. Splints are to remain in place and are to be kept clean and dry. Additional instructions regarding your bandage will be given to you on the day of surgery.