

# Patient Preoperative Checklist

Please read the following preoperative instructions carefully. If you have any questions concerning your surgery or the preoperative instructions, please do not hesitate to call or e-mail us to [contact us](#) (select Surgery Scheduling Questions.)

It is also important for you to pre-register at the surgical facility, if your procedure is taking place at [Melbourne Same Day Surgery Center](#) you may access their website to pre- register electronically.

## Preoperative Instructions (what to do before surgery):

Do not eat or drink after midnight prior to surgery unless otherwise instructed. No water, gum, or candy. Avoid smoking.

Patients on the following medicines will be instructed to take them with a sip or two of water:

- Antihypertensives (blood pressure pills)
- Cardiac Medications (heart & chest pain pills)
- Asthma medicines
- Nausea medications
- Ulcer medicines
- Anti-convulsants (seizure medicines)

Medicines to stop before surgery (Check with Primary Care Doctor or Specialist prior to stopping):

- Coumadin (blood thinner) - stop 1 week prior to surgery
- Aspirin or any other anti-inflammatory/ arthritis medicine - stop 10 days prior to surgery

Stop all vitamins and herbal supplements 1 week before surgery. Be sure and check any non-prescription drugs you might be taking, as many of them contain aspirin.

Diabetics: do not take your insulin or pills the morning of your surgery. Your blood sugar will be monitored by the surgery center and your surgery is usually scheduled early in the morning.

You must make arrangements for someone to drive you home at the time of discharge from the Center. It is also required that someone be with you 24 hours afterwards.

Do not wear any jewelry or bring valuables to the Center. Patients are not to wear makeup or fingernail polish the day of surgery. Loose, comfortable clothing is recommended.

Expected arrival time for surgery is determined by the Surgery Center. The Surgery Center, NOT the Greenspoon's Orthopaedic's office, will contact you a day or two prior to surgery to inform you of your arrival and surgery time.

For directions to the center: Please call Melbourne Same Day Surgery Center at 434-7216, Holmes Regional Medical Center at 434-7000, Palm Bay Community Hospital at 434-7000, Wuesthoff Medical Center, Melbourne at 752-1204, or SCA, Surgery Center of America, Melbourne at 729-9493.

Any question you may have regarding the surgery itself or any health condition that may present a problem or risk for surgery will be forwarded to Dr. Greenspoon, Dr. Lombardo, Dr. DeLorenzi , PA

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Our Rehabilitation Coordinator, who may be contacted by phone at 321-837-8014, will handle all questions regarding post op physical therapy.

Our Financial Coordinator, who may be contacted by phone at 321-837-8017, addresses financial questions or issues related to insurance authorization.

Anesthesia questions are referred to the Surgery Center anesthesia staff at the selected surgical facility

The following conditions require your Primary Care Doctor or other specialist to complete a medical clearance letter prior to surgery (arrange the appointment 2-3 weeks prior to surgery )

- Heart conditions such as angina, heart failure, or recent heart attack.
- Chronic lung conditions such as emphysema or bronchitis.
- Patients on blood thinners to prevent stroke, heart disease, or for any other reason.