

# Prairie



## Shoulder, Elbow & Hand Center

### OUTPATIENT SURGERY INSTRUCTION SHEET

1. It is the patient's responsibility to get pre-certification from your insurance company for your surgical procedure.
2. **Make an appointment for your preoperative history & physical with your family physician. (this can be within 30 days @ LSH or within 7 days @ St E's)**
3. Do not eat or drink anything after midnight the night before surgery, unless otherwise instructed. This includes gum, candy and water.
4. Stop 7 days before surgery, if you are taking aspirin, antiplatelet, anti-inflammatory, or Herbal medication products such as:

Advil	Daypro	Ginkgo Biloba	Orudis KT
Aleve	Disalcid	Ginseng	Oruvail
Anaprox	Dolobid	Ibuprofen	Persantine
Anasaid	Ecotrin	Indocin	Plavix
Ascriptin	Feldene	Lodine	Pletal
Aspirin	Feverfew	Mobic	Relafen
Bufferin	Fish Oil	Motrin	Tiolid
Cataflam	Garlic	Nalfon	Tolectin
Clinoril	Ginger	Naprosyn	Vitamin E
			Voltaren

5. Tylenol (acetaminophen) and Celebrex are OK to take.
6. DO NOT stop taking any other medications that have been prescribed for you unless directed to by your family physician. If you take Arixtra, Coumadin, Lovenox, Fragmin or Heparin or any other blood thinners, you need to check with your family physician as to when you are to discontinue it.
7. Bring a driver, you must be driven home by an adult.
8. Bring completed anesthesia questionnaire with medications and allergies listed.
9. Bring your insurance, Medicare, and/or recent Medicaid cards
10. If you are diabetic, please bring your glucose monitoring device. If you take insulin, bring it with you.
11. If you use inhalers, please bring them with you.
12. Leave your valuables, jewelry and personal belongings at home.
13. Do not wear makeup or nail polish. If you wear contact lenses, please bring a case with you. It may be more convenient to bring glasses.
14. Please take a bath/shower the night before or morning of surgery and wash surgical area with an antibacterial soap such as Dial.
15. Please call the office if you have questions regarding your upcoming surgery  
**489-4700** Cheryl, Scheduling Coordinator, Prairie Shoulder, Elbow & Hand Center