

## Pre-operative Instructions – Lower Extremity Surgery

- **No aspirin or nonsteroidal anti-inflammatory drugs one week prior to surgery.** You may take Tylenol as needed.
- **No antibiotics two weeks prior to surgery.**
- If you are taking a blood thinner, medication for ADD, ADHD, weight loss, narcotic addiction or any other medication not listed, please contact our patient service coordinator (PSC) for guidelines and restrictions.
- Should you develop any health changes prior to surgery, contact our PSC. Also inform us of any planned dental procedure that will be performed around the time of your surgery.
- Your diagnosis and procedure have already been explained to you. Please ask Dr. Gudeman or his staff if you have any questions regarding anything you do not understand.
- It is important to report to all assigned pre-operative tests and appointments (blood work/labs, EKG, clearance appointments) to ensure a smooth course the day of surgery. Surgery may be postponed or canceled if your tests are not completed.
- Please arrange transportation after your surgery with a family member or a friend 18 years of age or older. You will not be able to drive yourself home. Dr. Gudeman requests that a family member be present at the hospital during the entire procedure.
- **Please obtain crutches and bring them with you on the day of surgery.**
- You should wear loose fitting clothes the day of surgery.
- **Do not** bring any jewelry or money with you or wear any makeup or nail polish.
- **Do not eat or drink anything after midnight the night before your surgery due to anesthesia.**
- Report to the surgery center on time. Due to unforeseen circumstances, occasionally the surgery schedule changes and your surgery time could change.
- Unless otherwise noted, you will be discharged to go home when you are fully awake. Your prescriptions will be given to you then.
- You will need to return to the office for follow up one to two days after surgery.
- If you experience significant swelling after surgery, keep your extremity elevated above heart level and continue to ice and rest. If your pain becomes unbearable, please contact the office.

Surgery Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Surgery Time: \_\_\_\_\_

Place of Surgery: OrthoIndy Hospital South, 1260 Innovation Parkway, Greenwood, IN 46143

**PLEASE NOTE YOUR ARRIVAL TIME**

## Medications to Stop Prior to Surgery

### NSAIDs/Supps

Advil  
Aleve  
Anaprox  
Ansaid  
Arthrotec  
Aspirin  
Azulfidine  
Cataflam  
Chondroitin  
Clinoril  
Combunox  
Daypro  
Diclofenac  
Difunisal  
Dolobid  
Elmiron  
Etodolac  
Feldene  
Fenoprofen  
Fiorinal  
Fish Oil  
Flurbiprofen  
Glucosamine  
Herbals  
Ibuprofen  
Indocin  
Indomethacin  
Ketoprofen  
Ketorolac  
Lodine  
Meloxicam

Misoprostol  
Mobic  
Motrin  
Nabumetone  
Nalfon  
Naprelan  
Naproxen  
Oruvail  
Peroxycam  
Relafen  
Salicylate  
Salsalate  
Sulindac  
Toradol  
Trilisate  
Vitamin E  
Voltaren

### Blood Thinners

Aggrenox  
Arixtra  
Coumadin (PT/INR)  
Dipyridamole  
Heparin  
Jantoven (PT/INR)  
Lovenox  
Persantine  
Plavix  
Pletal  
Ticlid  
Trental  
Warfarin

### Diet Pills

Adipex  
Alli  
Bontril  
Didrex  
Diethylpropion  
Ionamin  
Meridia  
Over-the-counter: All  
Phentermine  
Qsymia  
Xenical

### Addict/Dependence

Antabuse  
Campral  
Suboxone  
Vivitrol

## Herbal and Diet Medicines

Stop taking herbal medications at least two weeks before surgery. If there is not enough time to stop your herbal medications before surgery, bring the product in the original container.

### Herbal Medicines

- **St. Johns Wort:** May intensify or prolong the effects of some narcotic drugs and anesthetic agents
- **Ginko Biloba:** May reduce platelets, which are needed for blood to clot
- **Feverfew:** May interfere with blood clotting
- **Ginseng:** Has been associated with episodes of Hypertension (high blood pressure) and Tachycardia (rapid beating of the heart)

### Diet Medications

- Ma Huang/Ephedra
- Epedrine
- Diethylpropion (Tenuats, Tenuats Dospan, Tepanil)
- Mazindol (Mazonor, Sanorex)
- Phentermine (Adipex-P, Ionamin, Zantryl, Phentrol, Anoxine-AM, Obermine, Obestin-30, Obenix)
- Fenfluramine (Pondimin)
- Dexfenfluramine (Redux)
- Benzphetamine (Didrex)
- Phendimetrazine (Bontril, Plegine, Adipost, Melfiat, Prelu-2)
- Sibutramine (Moridia)
- Orlistat (Xenical)
- Leptin-a hormone
- BTA-243
- Leptin Receptor stimulants
- CCK Agonists
- Urocortin
- Neuropeptide-Y blockers (NPY)
- Fen/Phen
- Adipex
- Fastin
- Oby Cap
- Oby Trim
- Zantryl
- Qsymia