

Pre-operative Instructions – Upper 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.**
- **No over-the-counter herbal supplements 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 the office. 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.
- 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. Your appointment will be on an appointment card given to you after surgery.
- If you experience significant swelling after surgery, keep extremity resting in sling and continue to ice. If your pain becomes unbearable, please contact the office.
- After shoulder surgery, you may be more comfortable sitting up in a recliner. You may also want to use more pillows at the head of the bed or end of the couch so that the shoulders and back are elevated.

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