

Pre-Surgical Instructions

Kelly Holtkamp, M.D.

Preparing for Your Surgery

- Do NOT eat or drink anything after midnight the night before your surgery. If you do, your surgery will be cancelled due to the high risk of aspiration which could cause serious harm or death.
- Please arrange for transportation to and from surgery. It is recommended that someone should stay with you for the first 24 hours after surgery.
- Do not smoke or use chewing tobacco after midnight the night before surgery.
- Do not drink alcohol for 24 hours before and after your procedure.
- Go to the supermarket to stock up on items you may need following your surgery. For example, if you know you will have restrictions with the use of your hand, microwavable dinners are easy to prepare. Cast covers are useful to keep your bandage clean and dry.

Medications

- STOP all blood thinner medications 7 (seven) days prior to your surgery to decrease bleeding at the time of your surgery. These medications include:
 - Aspirin
 - NSAIDS: Motrin, Advil, Aleve, ibuprofen, Meloxicam®, Celebrex®, Indomethacin
 - Dietary supplements: Fish oil, ginkgo, and Vitamin E
 - Prescription medications such as Plavix®, Coumadin®, Xarelto®, Pradaxa®, Arixtra®, Eliquis®. You will need pre-surgical clearance from your Primary Care Physician or Cardiologist before stopping these medications.
- You are allowed to take prescribed medication for heart, blood pressure, or lungs with a very small amount of water prior to your surgery.
- PAIN MEDICATION: Narcotic medication requires a physician/physician assistant signature on watermarked prescription pad. You will receive this prescription on the day of your surgery.
- NAUSEA MEDICATION: A prescription for nausea medication will be e-prescribed to your pharmacy prior to surgery. You do not need to fill this prescription. Only fill this prescription if you have nausea. The cost varies depending on your insurance.

Day of your Surgery

- Make sure you are available by phone at all times on the day of your surgery. This allows the hospital staff to notify you of any last minute schedule changes. The surgery time may be moved ahead or delayed.