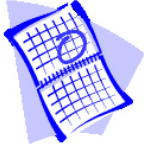


# PREOPERATIVE CHECKLIST

For additional details, review SURGERY GUIDE

## Preparing for Surgery



- Contact your Insurance Company about your benefits regarding inpatient rehabilitation, physical therapy & occupational therapy, and home nurse services
- Get Preadmission Testing done at specified hospital
- Get Preoperative Medical Clearance from your primary care physician, pediatrician, internist or cardiologist
- Get all Radiologic Studies (X-ray, MRI, CT Scan, Bone Scan)
- Stop all blood thinners 5 days before surgery

## The Night Before Surgery



- Shower (may be done day of surgery if time permits - use antibacterial soap)
- DO NOT** eat or drink anything after **MIDNIGHT**
- List all medications, dosages and times taken (please bring a neatly printed list)
- Review the SURGERY GUIDE
- Get a good night's sleep

## The Day of Surgery



- Take routine medications with only a sip of water - as instructed by your doctor
- Brush your teeth & rinse - **DO NOT SWALLOW**
- Wear comfortable clothing, leave valuables at home or with a family member
- Bring your Radiological Studies if Dr. Wittig has not kept them during your office appointment.
- Bring all your medications with you to the hospital. If the hospital does not carry your specific medication, you will be able to take your own from home.
- If you are a diabetic, please discuss medications with your medical doctor. For most cases you should refrain from taking your diabetes medication.

## Postoperative Care



- Your healthcare team (Surgeon, Nurses, Physician Assistants, Nurse Practitioners, Physical Therapist or Occupational Therapist, Fellows & Residents, Internists, Pain Specialist, Rehabilitation Specialist) will all assist in the complete monitoring of you after your surgery while in the hospital

## Back at Home after Surgery



- Postoperative follow up care with Dr. Wittig normally takes place 2 weeks after your discharge from the hospital or from rehabilitation. Please call the office to schedule your appointment.
- Continue to follow instructions in the SURGERY GUIDE