

**SANTA CRUZ ORTHOPAEDIC INSTITUTE
PRE-OPERATIVE INSTRUCTIONS**



Patient Name: _____

- ✓ **PLEASE PLACE TRANSDERM SCOPOLAMINE PATCH NEAR EAR @ 7PM NIGHT BEFORE SURGERY**
- ✓ **PLEASE BRING ALL PREOP CONSENT AND ORDER FORMS YOU RECEIVE AT TODAY'S PREOP VISIT WITH YOU ON THE DAY OF SURGERY FOR THE FACILITY**

- Do **NOT** have anything to eat or drink after midnight the night before your surgery.
- An anesthesiologist will call you the night before your surgery to discuss the best anesthetic options with you, and to review your general health.
- Cleanse the operative site with Hibiclens Solution twice the day before surgery and once the morning of your surgery. Cleanse and cut your nails and remove any nail polish for foot and ankle procedures. You will use the Hibiclens postop as well, when instructed.
- Mark the operative site **YES** with a magic marker prior to your arrival at the hospital or surgery center.
- Wear loose fitting comfortable clothing to the hospital or surgery center that can be placed over post-operative dressings and/or splints. Bring a medication list with dosages.
- Antibiotics, pain medications, prescribed crutches/walker, cast boot/shoe are for post-operative recovery and should be obtained prior to outpatient surgery, inpatient surgeries receive discharge medications when ready to go home.
- Do **NOT** take Aspirin, Naproxen, Ibuprofen, or other anti-inflammatory medications for 5 days preop and 2 weeks postop unless specifically directed by Physician. Tylenol is okay.
- You must have a responsible adult drive you to and from surgery, preferably in a car that allows for a safe and comfortable ride home.

POST-OPERATIVE INSTRUCTIONS

- **Monitor your pain medication carefully and please allow our office 48 hours to refill any prescribed medications. Have your pharmacy fax refill requests to 831-475-4344.**
Some medications require you to pick up a script in the office. Take all medications as directed. You may receive 2 medications for pain. One may be for 'break through' pain which can be taken with the other pain medication to better control symptoms.
- Call the office **IMMEDIATELY** if you notice any increase in pain, swelling, numbness or discoloration of your toes, fever, abnormal discharge, or any other concerns arise. **After hours and/or on weekends a physician is on call for urgent matters and can be reached calling our office (831-475-4024) and pressing 9. Visit our website for other phone extension information.**
- Constipation is common with pain medications, over the counter Colace and Senekot will help. Itchiness is also common and Benadryl may be used for symptoms.
- Numbness is normal after foot and ankle surgery for 24-36 hours due to a block.
- Post-operative dressings may bleed through. Reinforce dressings if bleeding through with gauze or maxipad and ace wrap.
- You will ice and elevate extremity above heart for two weeks post-op. This will help reduce swelling and the need for pain medication. Ambulation is encouraged with assistive devices for 15 minutes 4x's/day to prevent blood clots and to promote circulation.
 - Non Weight Bearing or WBAT after _____ days with crutches/walker
 - Do **NOT** remove bandages/splints unless instructed to do so. These will be removed and/or changed at your two week post-operative visit.
 - May remove dressing after _____ days, place band-aids, keep clean and dry, use Ace wrap for swelling.
 - Do not begin exercises.
 - Sling at all times other than showering
 - Limit knee bending
 - Begin exercises the day after surgery- 3X / day for 10-15 minutes.
 - Pendulum exercises for the shoulder. SLR, Quad sets, heel slides for the knee.
 - Move big toe up and down with hand Per Physical Therapist

A MESSAGE TO PATIENTS ABOUT MEDICAL/SURGICAL RISKS

Medicine and surgery are generally safe, helpful, and often lifesaving. However, medical or surgical procedures of any type involve the taking of risks, ranging from minor to serious (including the risk of death). It is important to be aware of the following possible risks before receiving the treatment you and your physician are planning. The following may be the reactions of your body to medical /surgical operations or procedures:

1. **INFECTION:** Invasion of tissue by bacteria or other germs occurs to some degree whenever a cut, incision or puncture is made. In most instances, through the natural defense mechanisms of the body, healing of the affected area occurs without difficulty. In some instances antibiotic medications are prescribed and at times additional surgical measures may be necessary to combat infection.
2. **HEMORRHAGE:** The cutting of blood vessels causes bleeding and this occurs in every surgical incision. This bleeding is usually controlled without difficulty. At times, blood transfusions are required to replace blood loss. If blood transfusions are given, there are additional risks of liver inflammation, hepatitis, and the possibility of receiving Acquired Immune Deficiency Syndrome (AIDS). There is no absolute reliable way to predict these unwanted reactions, some of which may require serious and even lead to death.
3. **DRUG REACTIONS:** Unexpected allergies, lack of proper response to medications or illness caused by the prescribed drugs are possibilities. It is important for you to inform your physician and your anesthesiologist of any problems you, or your family, have or may have had with reactions to drugs and which medications you have taken in the past six months, including over-the-counter drugs, especially aspirin.
4. **ANESTHESIA REACTIONS:** There may be unusual or unexpected responses to the gases, drugs, or methods used anesthetize you which can lead to difficulties with lung, heart or nerve function. Eating or drinking before anesthesia increases the risks of vomiting which may cause significant complications. Inform your anesthesiologist of problems you and your family have had with anesthesia.
5. **BLOOD VESSEL INFLAMMATION AND CLOTTING:** It is impossible to predict the occurrence of blood vessel inflammation and clotting problems. If blood clots form, they can move from where they formed to other areas of the body and cause injury.
6. **INJURY TO OTHER ORGANS:** Because of the closeness of the other organs to the area being operated on, there may be injury to other organs. The stress of surgery or the procedure may also harm other organ systems of the body.
7. **OTHER RISKS:** It is not possible to list all of the possible risks and complications, and their variations that may arise in any surgical operation or medical procedure. Each situation depends upon the purpose and nature of the operation or procedures. Your physician is willing to discuss further with you various details about other risks.

ALTERNATIVE TREATMENTS

Although you and your doctor have decided upon this procedure, do not hesitate to discuss the reasons for the choice and the alternatives available for treatment of your condition. In addition, be sure to ask your doctor any other questions that you may have about your treatment.