

PACIFIC SPORTS MEDICINE  
PRE-OP INSTRUCTIONS

1. DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER, CHEWING GUM, TOBACCO, BREATH MINTS, ETC., FOR 8 HOURS PRIOR TO YOUR SCHEDULED CHECK IN TIME.
2. PLEASE SHOWER THE MORNING OF YOUR SURGERY.
3. IF YOU ARE HAVING SHOULDER SURGERY, DO NOT APPLY DEODORANT AFTER YOUR SHOWER ON THE MORNING OF SURGERY. ALSO, YOU SHOULD WEAR A LARGE, LOOSE SHIRT THAT IS EASY TO PUT ON.
4. IF YOU ARE HAVING KNEE OR ANKLE SURGERY, WEAR PANTS THAT ARE LOOSE ENOUGH TO GO OVER A DRESSING. IF YOU HAVE A PAIR OF “SWEAT PANTS,” THEY WILL WORK WELL. ALSO, YOU MAY NEED TO LEAVE THE HOSPITAL ON CRUTCHES; YOU SHOULD WEAR FLAT HEELED SHOES. DO **NOT** WEAR HIGH HEELS OR THONG TYPE SHOES.
5. LADIES- DO NOT WEAR MAKE-UP OR FINGERNAIL POLISH ON THE DAY OF YOUR SURGERY. **YOU MUST REMOVE ARTIFICIAL FINGERNAILS IF YOU ARE HAVING HAND SURGERY.**
6. IT IS BEST TO LEAVE WATCHES, JEWELRY, AND MONEY AT HOME.
7. YOU WILL NEED **SOMEONE TO DRIVE YOU** HOME FROM THE HOSPITAL; EVEN WITH MINOR SURGERIES, THEY CANNOT RELEASE YOU WITHOUT A DRIVER.
8. IF YOU WILL NEED CRUTCHES OR A WALKER AFTER SURGERY, YOU SHOULD ARRANGE FOR THEM BEFORE YOUR PROCEDURE. WE RECOMMEND THAT YOU OBTAIN YOUR PAIN MEDICATIONS AND OTHER PRESCRIPTIONS BEFORE THE SURGERY DATE, BUT YOU DO NOT NEED TO BRING THEM TO THE HOSPITAL WITH YOU.
9. AT YOUR PRE-OPERATIVE APPOINTMENT IF YOU ARE GIVEN ANY **X-RAYS AND/OR PRINTED ENVELOPE WITH ORDERS**, PLEASE BRING THESE WITH YOU TO THE HOSPITAL **ON THE DAY OF YOUR SURGERY**. THEY ARE OUR “MAP” AND WITHOUT THEM YOUR SURGERY MAY NEED TO BE DELAYED OR CANCELLED.
10. PLEASE WRITE “YES” ON THE SHOULDER, HIP, KNEE, HAND, ARM OR FOOT TO BE OPERATED ON, AND “NO” ON THE OTHER LIMB, WITH A PEN OR SHARPIE PERMANENT MARKER.
11. PLEASE NOTIFY YOUR SURGEON IMMEDIATELY IF YOU RECEIVE ANY SCRATCH OR INJURY CLOSE TO THE AREA WHERE YOUR SURGERY IS TO BE PERFORMED.
12. IF YOU HAVE ANY TRAVEL PLANS WITHIN SIX WEEKS AFTER YOUR SURGERY, PLEASE MAKE SURE YOU NOTIFY US IMMEDIATELY.