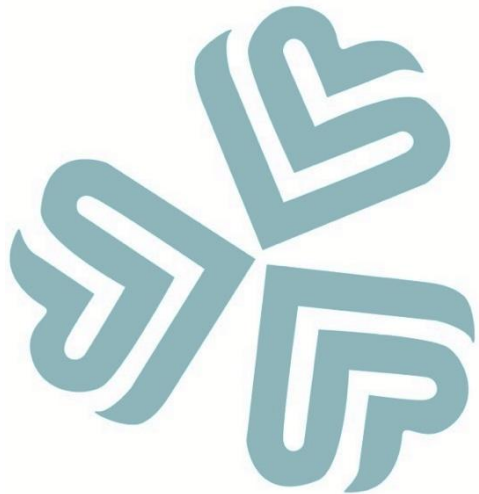


Pre-operative Instructions

Final Days Before Surgery



THE
KNEE • HIP • SHOULDER
CENTER



Pain Management Program

- Start taking Tylenol 1000mg every 8 hours starting 3 days before your surgery
 - This is 2 extra strength (ES) pills each time
- **Do not take Tylenol the morning of surgery**
- Hold any anti-inflammatory medications for one week prior to surgery
 - This includes Ibuprofen, Motrin, Advil, Aleve, Naprosyn, Naproxen, Meloxicam, Relafen, Voltaren, Diclofenac, Nabumetone



Hydration

- Hydration before surgery is very important
- You should start hydrating 2-3 days in advance with water or fluids that contain electrolytes
 - Powerade, Gatorade, Pedialyte
 - Powerade and Gatorade come in sugar free flavors if you have diabetes
- Avoid fluids that act like a diuretic (cause more fluid loss). These can be dehydrating
 - Coffee, beer, liquor, soda



Important New Guidelines

- You **ARE NOT** allowed to eat solid food or dairy products within 8 hours of surgery
- You **ARE** allowed to drink clear liquids up to 3 hours before surgery
 - This includes water, flavored water, Gatorade, Powerade, apple juice
 - ** Do not drink any dairy products within 8 hours of surgery
- If your surgery is not first thing in the morning, we recommend that you continue drinking clear fluids up to 3 hours before hand



Pre-Surgery Meals

- Foods with **complex carbohydrates** build the body's energy stores and prevent insulin resistance after surgery. This reduces surgical stress
- **Lean protein** is also beneficial
- Fruits and vegetables are also excellent
- Avoid fatty foods the day before and morning of surgery
- Also avoid processed foods: those high in sugar, corn starch and artificial preservatives

NO



Pre-surgical Meal Ideas

Complex Carbohydrates

- Brown rice
- Quinoa
- Beans, lentils, chick-peas
- Sweet potatoes,
- Oats, whole grain breads
- Blueberries, apples, bananas

Lean Protein

- Seafood
- Skinless chicken or turkey
- Lean pork
- Eggs
- Beans, lentils
- Nuts
- Soy and Tofu

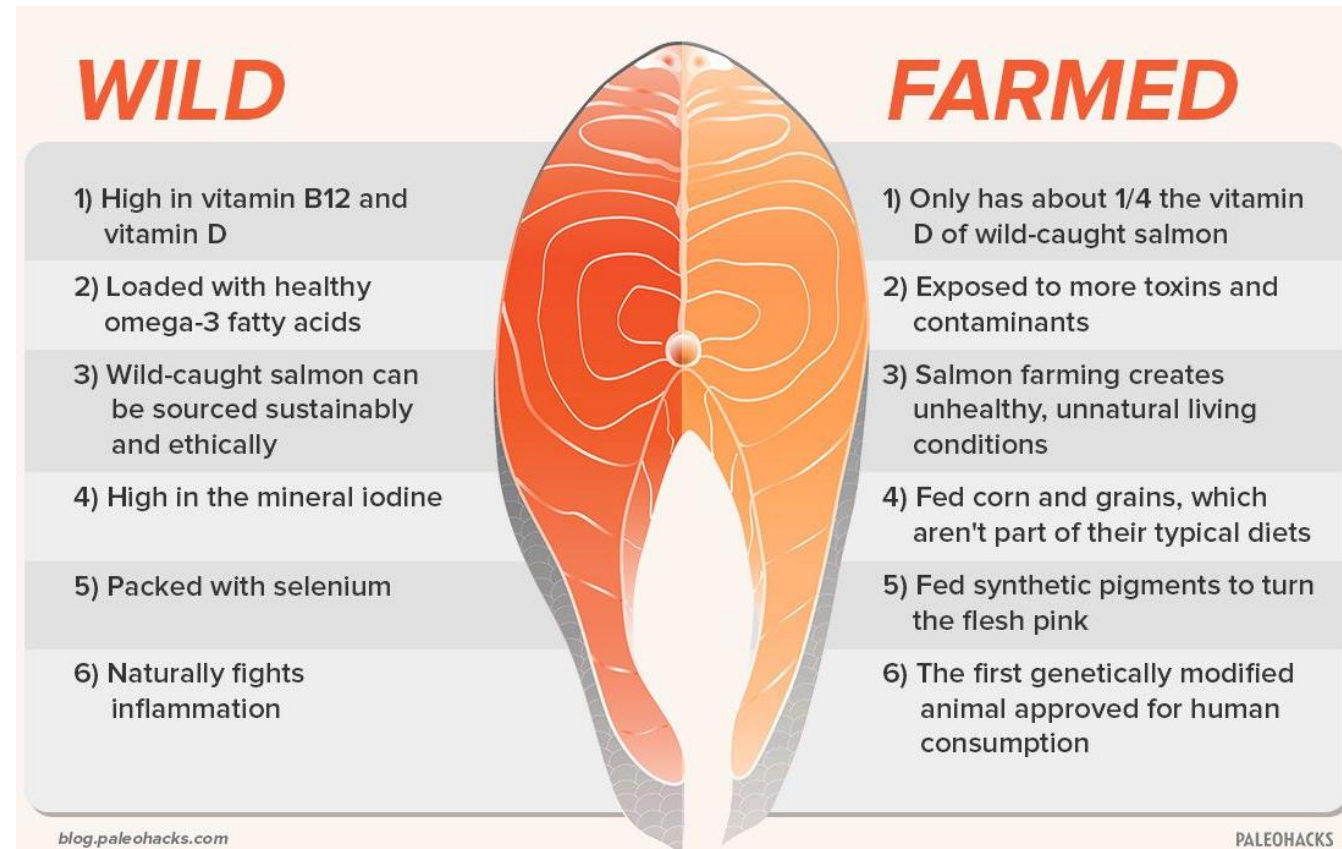
Other Food Ideas

- **Fiber:** fiber helps reduce constipation which is common after surgery. Starting fiber foods before surgery and continuing after is important.
 - Sources: beans, apples, flax seeds, oatmeal, bran,
- **Anti-oxidants:** these help resist the stress that surgery places on the body's tissues
 - Sources: blueberries, blackberries, raspberries, cherries



Other Food Ideas

- Foods high in Arginine and Omega-3 fatty acids have been shown to reduce inflammation and positively benefit wound healing and surgical recovery
- Good sources include
 - Walnuts, almonds, brazil nuts
 - **Wild-caught fish**
 - Turkey, pork loin and grass-fed beef
 - Eggs
 - Sesame seeds, pumpkin seeds, sunflower seeds



Bathing Instructions

- Our skin contains bacteria that can cause infections after surgery.
- Bathing with Hibiclens prior to surgery as well as the morning of surgery can reduce the amount of bacteria on the skin and help reduce the risk of infection
- **Start this at least 3 days prior to surgery**
- **DO NOT** shave around the surgical area for 7 days prior to surgery. This allows bacteria to get deep into your skin pores
- **DO NOT** apply creams, lotions or perfumes after you bathe the morning of surgery



Bathing Instructions

- Showering Instructions: These instructions differ from what is on the Chlorhexidine package. Please use the following instructions for showering:
 - Rinse your body thoroughly with water first.
 - Turn the water off to prevent rinsing the Chlorhexidine soap off too soon.
 - Wash from the neck downwards. Be especially careful to wash the part of your body (back, legs, chest, etc.) where your operation will be performed.
 - Wash your body gently for five minutes. Do not scrub your skin too hard. You can use a sponge to help with lathering.
 - Turn water back on, rinse well and pat dry with a clean towel.
 - Do not apply powder, lotion, deodorant or hair products after third shower.
 - Do not shave the area of your body where your surgery will be performed. Shaving increases your risk of infection.

Sleep

- Sleep is important for healing
- Although the anticipation of surgery can make this difficult, put yourself to bed early and try to relax
- Visualize positive thoughts in your mind



Get Ready

- The night before your surgery get everything prepared for the next morning including:
 - Any bags with clothing or other personal items you may need
 - A clean outfit for the morning
 - Any documents you need to bring to the hospital (IDs etc..)



The Morning of Surgery

- Take all prescription medication as instructed by the pre-operative team
- Wear loose fitting clothes and sturdy footwear
- Bring two forms of identification
- Bring a copy of living will or durable power of attorney
- Leave all medications and supplements at home, unless otherwise instructed
- Leave all valuables at home