



OLYMPIA
ORTHOPAEDIC
ASSOCIATES PLLC

Your Life in Motion

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Preoperative Patient Instructions

Medications

- Tell your surgeon's Surgery Scheduler if you are taking any **blood thinners or platelet inhibitors** such as PLAVIX, COUMADIN, XARELTO, or ELIQUIS. Clearance will be needed to proceed with surgery.
- Do **NOT** take **Advil, Aleve, Motrin, Ibuprofen, Naproxen, or any prescription anti-inflammatory medications** **10 days** prior to surgery.
- Do **NOT** take **Aspirin** **10 days** prior to your surgery; however your surgeon may request you continue taking it for cardiac related health history.
- Do **NOT** take any herbal supplements **14 days** prior to your surgery, such as Ginseng, ginger, Echinacea, Ephedra, Garlic, Ginko, Kava St. John's Wort, Valerian, Fish Oil (see folder insert for details on herbal supplements).
- It is **acceptable** to take **Tylenol** up to the evening before your surgery.

Foods and Liquids

- Do **NOT** drink anything, including water, or eat **food, gum, mints, hard candy, lozenges, or chewing tobacco** after 12:00 midnight. This is extremely important for your safety, and failure to do so increases the risk of a serious aspiration event.

****Eating or drinking after midnight could necessitate delaying or cancelling your surgery****

- Do **NOT** smoke/vape tobacco, marijuana or products of any kind the day of surgery.
- You may brush your teeth, but **don't** swallow any water!

Cosmetic Instructions

- Due to the possibility of increased risk, removal of **acrylic nails and nail polish** prior to your surgery is highly recommended.
- **All jewelry** (to include your **wedding ring** and **all body piercings**) needs to be removed prior to your surgery. We highly encourage you to leave your jewelry at home the day of surgery.
- **Shower** the night before your surgery with an antibacterial soap such as Dial. No lotions, perfumes, shaving, especially around your surgical site, for at least 2 days.

****For your safety and the safety of others, OSC patients will NOT be allowed to drive home after surgery.** Please bring ONE responsible adult who is **18 years older** that will stay or remain within 10 minutes of the OSC during the duration of your stay. Due to the nature of medications delivered during surgery, many patients will be required to have a responsible adult who can monitor them for **24 hours after surgery**. We encourage you to make these arrangements well in advance of the day of surgery to avoid cancellations or delays**

Please be available at the phone number you provided to us on the day of surgery. There can be an occurrence in which we may contact you to come in earlier or later depending on the surgery schedule that day.