OLYMPIA ORTHOPAEDIC ASSOCIATES PLLC

Your Life in Motion

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OOA ASC PREOPERATIVE PATIENT INSTRUCTIONS

Notify your surgery team ASAP if you take:

- **Blood thinners (Plavix, Coumadin, Xarelto, Eliquis, etc.).**
- **Aspirin**
- **GLP-1 medications or SGLT2 inhibitors medications for diabetes or weight loss. (Ozempic, Wegovy, Monjaro, Jardiance, Faxiga)**
- **Phentermine**
- **NSAIDs (Advil, Aleve, Motrin, ibuprofen, naproxen):**
- **Herbal supplements or fish oil.**
- **So we can provide the safest care possible, please share any lifestyle habits or activities that may affect your surgery, anesthesia, or recovery.**

Before Surgery:

- Remove nail polish, gel/acrylic nails, jewelry, and all body piercings.
- Shower the night before surgery with antibacterial soap (such as Dial).
- Do not shave near your surgical site for **48 hours** before surgery.
- **NO food or drinks after midnight**, including water, gum, mints, candy, lozenges, or chewing tobacco, unless anesthesia instructs otherwise.
- **NO smoking or vaping** tobacco, marijuana, or other substances on the day of surgery.**You will not be able to drive yourself home.** Arrange for a responsible adult driver.
- Your driver must remain available and close to the surgery center.
- A responsible adult must stay with you for **24 hours after surgery**.
- Please leave children and pets at home.