



**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.
You may brush your teeth, but do not swallow any water.**

Surgical Soap

A container of surgical soap will be provided to you at your pre-op appointment. If you do not pre-op or are coming in from out of town an antibacterial body soap will be sufficient. The purpose is to decrease the amount of natural bacteria on the skin to reduce the risk of infection postoperatively.

Upper Extremity Surgery (Shoulder, Elbow, Hand, Arm)

The night before surgery:

- 1) Use ½ of the surgical soap on a washcloth and scrub surgical area (front and back) then scrub the rest of the extremity including the chest and armpit.
- 2) The morning of surgery use the second ½ of the soap and repeat the above instructions.
- 3) DO NOT get soap in your eyes, face, or hair.
- 4) Rinse all surgical soap off.

Lower Extremity Surgery (Knee, Ankle, Foot, Leg)

The night before surgery:

- 1) Use ½ of the surgical soap on a washcloth and scrub surgical area (front and back) then scrub the rest of the extremity up to the groin.
- 2) The morning of surgery use the second ½ of the soap and repeat the above instructions.
- 3) DO NOT get soap in your eyes, face, or hair.
- 4) Rinse all surgical soap off.

Medications

- The day before surgery, please take 1000mg of Tylenol (acetaminophen – 2 extra strength Tylenol) with breakfast, lunch, and dinner. The morning of surgery, with a SIP of water, take another 1000mg. If you are taking pain medications, any medication for high cholesterol (Zocor, Zetia, Crestor etc), or have a history of liver disease disregard this step.
- Your pain medication and anti-nausea medication are PRN (take as needed).
- The antiinflammatory medications (Naprosyn, Relafen, Celebrex etc) can be taken with your pain medication. By decreasing inflammation, your postoperative pain can be decreased as well. Take these medications with food.

General Information

Please do not use razors to shave the operative site. Use hair clippers without a guard. If you do not have clippers, let the nurses know the morning of surgery so they may properly trim the area as needed.

Remove all finger or toe nail polish prior to surgery. Remove any piercings and/or jewelry.

If you begin to run a fever (temperature more than 101° taken with a thermometer) prior to surgery please contact our office at 817-419-0303.