

# Martinez Special Procedure Center

Department of Orthopedics

Procedure: \_\_\_\_\_

Date: \_\_\_\_\_

Surgeon: \_\_\_\_\_ Site \_\_\_\_\_

The time of your surgery is determined by the Special Procedure Center. A staff member from the Procedure Center will call you the day before to notify you of your arrival time for your procedure.

## PRE-OPERATIVE INSTRUCTIONS FOR LOCAL CASES

1. Please stop taking any Non-Steroidal Anti-Inflammatories or Aspirin products 7 days prior to your procedure. This includes, but is not limited to, Advil, Aleve, Ibuprofen, Motrin, Naprosyn, Excedrin, etc.
2. If you feel ill, have a fever, cough, symptoms of a cold, or infection of the skin or teeth within 2 weeks of your surgery. Please call 925-372-1820 to cancel and reschedule your surgery.
3. Do not smoke on the night before surgery or on the day of surgery. Fasting before surgery is **NOT** required. You may eat a *light* meal before surgery.
4. It is recommended but not required to have a friend or relative drive you home.
5. Take your usual morning medications on the day of surgery with a small sip of water.
6. Please remember to bring your Kaiser Health Plan card, photo id, and registration fee with you on the day of surgery.
7. A prescription for post-operative pain medication may be sent to the pharmacy to be picked up before you leave, your doctor will discuss this with you.
8. You may be given additional medications by your physician to be taken before your surgery. Please follow your physician's instructions.
9. The phone # to the Special Procedure Center is 925-313-4771

## POST-OPERATIVE INSTRUCTIONS

1. After surgery, you will be discharged to go home when you are in stable condition. You may still feel dizzy or nauseated. These are normal side effects and can last for 12-24 hours.
2. Your surgeon will review specific home care instructions with you once your procedure is completed.
3. Wait at least 24 hours after you are home to drink alcoholic beverages, or make important decisions or sign important papers.
4. You will be scheduled for a post-operative appointment 10-14 days after your surgery to make sure you are healing and to remove the sutures placed during the surgery.