

PRE-SURGICAL GUIDE

## Preparing for Surgery

Appointments, Medications & What to Expect Beforehand

This guide walks through everything to take care of before your surgery date — required appointments and testing, medication management, and how to prepare at home. Please read it over as soon as your surgery is scheduled, since some steps (like stopping certain medications) need to happen well in advance.

## Your Appointments & Testing

- ☐ **EKG** — schedule within 1 month of your surgery date.
- ☐ **Labs** (CBC, BMP, A1C) — within 1 month of your surgery date.
- ☐ **Cardiac clearance**, if required.
- ☐ **Primary care clearance**, if required.
- ☐ **Other clearance:** \_\_\_\_\_ if required.

*All of the above must be completed before your pre-operative visit with orthopedics.*

**Surgery Date:** \_\_\_\_\_

**Pre-Op with Ortho:** \_\_\_\_\_

**2-Week Post-Op:** \_\_\_\_\_

**6-Week Post-Op:** \_\_\_\_\_

*You will get a call from the hospital nurse closer to your surgery date to give you your arrival time, go over your medications, and provide further instructions. You must have a ride to and from surgery — no exceptions.*

## Medication Management

*The guidance below is general, based on current perioperative guidelines. Exact stop dates vary by medication, kidney function, and individual risk — always confirm your specific instructions with your prescribing physician and our office before stopping anything.*

### BLOOD THINNERS & ANTIPLATELETS

- Includes warfarin (Coumadin), DOACs (Xarelto, Eliquis, Pradaxa), aspirin, and clopidogrel (Plavix). Commonly held 2–7 days before surgery depending on the specific medication and your individual risk. Confirm your exact stop date — do not stop on your own without confirming.

### NSAIDS

- Ibuprofen, naproxen, and similar anti-inflammatories are typically stopped 5–7 days before surgery. Acetaminophen (Tylenol) is generally fine to continue unless told otherwise.

### HERBAL SUPPLEMENTS & VITAMINS

- Fish oil, vitamin E, garlic, ginkgo, ginseng, and turmeric are commonly stopped about 2 weeks before surgery, since several can increase bleeding risk. Calcium, iron, and vitamin D are usually fine to continue — confirm if unsure.

### DIABETES MEDICATIONS

- Metformin is typically held the morning of surgery. SGLT2 inhibitors (Jardiance, Farxiga, Invokana, Steglatro) are usually held 3–4 days before surgery due to a rare but serious risk. Insulin and other diabetes medications are usually adjusted the day before or day of — your prescribing physician will give specific instructions.

### MEDICATIONS TO CONTINUE

- Most blood pressure, thyroid, and seizure medications should be continued as usual, taken with a small sip of water the morning of surgery, unless your surgical team tells you otherwise.

### QUESTIONS OR UNCERTAINTY

- Bring your complete, current medication list (or the original bottles) to your pre-operative visit. If you're ever unsure whether to take or hold a medication, call our office before making a change.

## Smoking & Nicotine

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- We strongly recommend stopping all smoking and nicotine use — including vaping and nicotine replacement products — at least 4 weeks before surgery. Nicotine significantly impairs wound and bone healing and increases the risk of infection and other complications. Talk to our office or your primary care provider if you'd like support quitting.

## Fasting Instructions

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- No solid food or drink after midnight before your surgery date.
- Staff from the hospital or surgery center will confirm your exact fasting instructions when they call with your arrival time.

## Skin Preparation

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- If instructed, shower with an antiseptic (chlorhexidine) wash the night before and the morning of surgery.
- Do not apply lotion, powder, or perfume to the surgical area.
- Remove nail polish and jewelry, including body piercings, before arrival.

## What to Bring & What to Leave at Home

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### BRING

- Photo ID and insurance card
- Payment method for any co-pay
- Current medication list or original bottles
- CPAP machine, if you use one
- Any brace, sling, or assistive device already fitted for you
- A case for glasses, contacts, or hearing aids

### LEAVE AT HOME

- Jewelry and body piercings
- Nail polish and acrylic nails
- Valuables and excess cash
- Contact lenses — wear glasses instead, if possible

## Preparing Your Home

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- Set up a recovery area on the main floor, if possible, with items you'll need within easy reach.
- Remove trip hazards — loose rugs, cords, clutter — along your usual walking paths.
- Stock ice packs, easy-to-prepare meals, and any equipment recommended for your procedure (crutches, walker, shower chair).
- Arrange for help at home for the first several days after surgery.

## Ride & Caregiver

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- You must have a responsible adult drive you to and from surgery and stay with you afterward — no exceptions. A rideshare or taxi alone is not permitted for discharge.

## Questions Before Surgery

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*This guide provides general preparation information and does not replace your individualized instructions from our office, your anesthesia team, or the hospital pre-op nurse. Always confirm medication changes with the prescribing physician before stopping any medication.*