

Preoperative Checklist

MAKE SURE YOU COMPLETELY READ ALL THESE INSTRUCTIONS SEVERAL TIMES. PLEASE CHECK OFF EACH ITEM TO ENSURE IT HAS BEEN COMPLETED.

Once You Have a Surgery Date

- If requested by Dr. Truntzer' office (and specifically told to you during your visit), you will need to be seen by your primary care physician prior to surgery to obtain medical clearance. In this case, you must see your physician within 30 days of your surgery. This ensures that you are healthy enough for surgery, no further health optimization is needed, and also lets your physician know that you will be undergoing surgery. Your primary care doctor needs to fax the note to the following number:
 - VA Patients (with appointment at non-VA facility): 650-849-1265
- If requested by Dr. Truntzer' office, you will need to have pre-operative labs performed PRIOR to surgery. These must be performed within 14 days of your surgery. Do not wait until the last minute to have your labs done, so we have time to repeat labs if there is a problem.
 - For VA Hospital patients who have their labs drawn outside the VA system, the results of the lab work should be faxed to: 650-849-1265
- If you see a cardiologist for your heart, you will need to make an appointment with them to get **cardiac clearance**. Just have the doctor fax the physical and clearance to: 650-849-1265
- If you take **Coumadin (warfarin), aspirin or other blood thinner (Plavix)** for your heart or for blood clots, make sure to discuss when you should stop the medication before surgery with your physician. Also discuss when you should restart your medication after surgery.
- Smoking: Smoking is not only harmful to your heart and lungs, but significantly increases the chance that you develop a complication after surgery. Now is the best time to quit. Talk with your primary care physician who may be able to help.
- If you are currently on a narcotic (Vicodin, Percocet, Oxycontin, etc), decrease its use now. Your body gets used to taking this medication. It is very difficult to control your pain after surgery if you are taking a narcotic before surgery.
- If you will be having surgery as an outpatient (going home the same day as surgery), arrange for a friend or family member to transport you to and from the hospital the day of your surgery.
- If going home the same day as your surgery, arrange for a friend or family member to spend the night with you the first night after surgery. You may not be allowed to have surgery if you cannot find someone to spend the night with you.

- Adjust your work / social schedule according to your anticipated recovery time. Your anticipated time to return to work will be dependent on the type of surgery you have and the type of work you do.
- If you have pets, you may want to arrange for someone to assist in caring for them for a few days after you return home.
- While taking narcotic pain medication, you will not be permitted to drive. You will need to arrange for transportation to your post-operative visits.

One Week Prior to Surgery

- Stop taking any aspirin or aspirin like products (Baby aspirin, Advil, Motrin, Aleve, St. John's Wort, Mobic, etc). These medications thin your blood and may cause you to bleed more during surgery. It takes at least one week for their effects to wear off. If you have questions about whether one of your medications is like aspirin, please call the office. Please see handout on medication recommendations.
- Confirm you have someone who will spend the night of your surgery with you.

Night Before Surgery

- **Do not eat or drink anything after midnight or your surgery will be cancelled.** Take only the medications that your doctor says it is okay to take with a sip of water.
- Make a list of your current medications, past surgical procedures and medical problems to bring with you the morning of surgery. The anesthesia team will use this information to keep you safe during surgery.
- Take a shower the night before surgery. Use the pre-operative soap (if provided), or purchase Hibiclens to thoroughly scrub your operative site.
- Most patients are asked to arrive at least 2-3 hours before their surgery to allow adequate time to prepare so please prepare for an early arrival.

- What to Bring:
 - Photo ID
 - Insurance Card or VA Identification Card
 - Loose fitting clothing that is easy to get into
 - If you are having inpatient surgery (where you spend the night at the hospital), bring any personal items that will help keep you comfortable

- What NOT to Bring
 - Money
 - Jewelry
 - Valuables
 - Anything you don't want to lose