



Dear Patient:

Thank you for choosing Webster Orthopedics for your upcoming surgery. We are pleased that you have placed your trust in us for your orthopedic services and assure you that we will make every effort possible to see that you are treated with the care and compassion you deserve.

To help make the process as worry free as possible we have outlined the processes below:

SCHEDULING YOUR SURGERY DATE

You will be contacted within 1-3 business days once your surgery scheduler checks availability and benefits for your upcoming surgery. Worker's Compensation authorizations can be more difficult to obtain, please allow additional time for your surgery scheduler to contact you. Your first postoperative appointment will be given to you by your surgery scheduler upon scheduling your surgery. However this may be subject to change on the day of surgery at the discretion of your surgeon in order to optimize your recovery.

PREPARATION BEFORE SURGERY

1. Scheduling your Pre-operative Testing:

Age and health history determine what pre-operative testing needs to be done. Your surgeon requests the appropriate tests, and the surgery scheduler will provide you with the necessary forms to have the testing completed. Allow at least 7 days prior to surgery to complete the testing so results can be reviewed and available for your scheduled surgery. It is always a good idea to check with your insurance carrier first to make sure what testing facilities are covered on your plan.

2. Medications:

If you are currently taking prescription medications, you must contact the prescribing physician regarding possible changes that may be necessary prior to your surgery.

BLOOD-THINNING MEDICATIONS: You may need to stop taking blood thinning products SUCH AS ASPIRIN 7-10 DAYS PRIOR TO SURGERY. PLEASE DISCUSS THIS WITH YOUR SURGEON.

Other medications with blood-thinning qualities you may be asked to stop before surgery include: Advil, Motrin, Ibuprofen, Aleve, and Naprosyn. Please check with your surgeon about these medications.

If you are taking a prescription blood thinner such as Coumadin or Plavix, please discuss with your prescribing provider the options regarding surgery and briefly interrupting your prescription blood-thinner. Sometimes an alternative medication, such as Lovenox, is prescribed as a bridge therapy during your peri-operative time.

EVENING PRIOR TO SURGERY

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. This includes: water, gum, candy, etc. Please follow these instructions, as they are important for your safety. If you do not follow these instructions, surgery can be delayed, cancelled or rescheduled.

THE DAY OF YOUR SURGERY

1. Please arrange for transportation from the hospital or surgery center. Taxis will not be able to pick you up. Safety regulations prohibit you from driving yourself home.
2. Please leave your jewelry and valuables at home.
3. Bring with you your photo ID, and insurance cards.

4. Please arrive 1 and a half hours prior to your scheduled surgery time. Upon arrival, you will be asked to complete admission forms and sign consent forms.
5. Prior to surgery you will meet with the anesthesiologist, the pre-operative nurse, and you will have an opportunity to ask any additional questions.
6. If you have medications that you normally take and you have discussed with your surgeon about taking them, it is okay to do so with a small sip of water.
7. Wear loose comfortable clothing that is easily removed for your convenience.

THE FIRST 24 HOURS AFTER SURGERY

1. **Do not drive a car or operate any machinery that requires your full attention.**
2. **Do not drink any alcohol or take any recreational drugs.**
3. **Do not sign any legal papers or make any major decisions.**

WHAT TO EXPECT AFTER SURGERY

1. **Pain:** You can expect some discomfort after surgery; the more complicated the operation, the more painful it might be. At your pre-operative appointment your health care provider will prescribe pain medication which will usually control pain very effectively; however these medications can cause side effects such as dizziness, nausea and constipation.
2. **Taking Care of Your Incision(s):** Keep your dressing or splint dry and clean. We recommend sponge baths for the first few postoperative days to keep the dressing dry and clean. If you need to use the shower you can wrap the incisional area with an absorbent terry cloth towel. Cover this with a large plastic bag and tape the top well. Keep the spray away from the extremity and never submerge the extremity. It is best to dry your entire body off

before taking the bag off. In some cases a waterproof dressing will be used for your convenience. You may wash your hands or go in the shower with this.

Unless you are instructed otherwise, you may remove the dressing around your extremity after 72 hours. Some bloody drainage in and around the dressing is very normal. Place some Band-Aids over the incisions. It is normal to have some mild to moderate redness around the incisions. You may notice some clear or even blood tinged drainage from the area for up to one week.

- 3. When to Call:** Call our office any time, but please notify us **immediately** of any of the following symptoms. If your symptoms are increasing suddenly and you do not hear from us right away, report to the nearest emergency room for evaluation and treatment.
 - a. Increasing drainage from the incision
 - b. Increasing redness
 - c. Foul odor
 - d. Increasing swelling accompanied by pain
 - e. Fever over 101 (take your temperature twice to ensure accuracy)
 - f. Increasing pain not relieved with rest, elevation, ice and the pain medication
 - g. Coldness, numbness or a sustained blue color to your extremity
 - h. Sudden onset of calf pain
 - i. Sudden onset of shortness of breath
 - j. Chest pain

- 4. How long of a recovery can I expect?** Each person is unique and responds differently to treatment. The answer to this question is therefore not universal because there can be varying degrees of severity as well as responses to conditions.

During your first postoperative visit, your health care provider will discuss your progress and your recovery with you. Expectations and limitations can also vary and will be tailored to individual situations, conditions, and surgical procedures.