

SURGERY INSTRUCTIONS FOR ST. FRANCIS MEDICAL CENTER

- SURGERY DATE:** _____
Unless you are told otherwise, your surgery is considered “outpatient”, you will go home that day.
- SURGERY ARRIVAL TIME**
We will contact you at least two (2) days prior to your surgery with your exact surgery arrival time.
- LOCATION:** St. Francis Surgery Center, 13700 St. Francis Blvd., Suite 200, Midlothian
(map/directions given to you)
- PAT (Pre-Admission Testing) ARRIVAL TIME:**
If required, you will be scheduled for a pre-operative assessment prior to your surgery which our office will schedule for you. We will call you once this is scheduled and give you your appointment time and date. Most patients under 45 years of age do not have to have pre-operative clearance unless they have medical problems such as high blood pressure, diabetes, asthma, etc).
- MEDICAL OR CARDIAC CLEARANCE IF REQUIRED:**
In some cases based on your medical history, a medical or cardiac clearance **may be** required by your physician.
- ANESTHESIA:**
Most patients receive general anesthesia, which means you will be fully sedated, unless otherwise indicated. Some patients will receive a pain block prior to their surgery which will help decrease your pain after surgery. The anesthesiologist will discuss this with you prior to your surgery.
- SURGICAL ASSISTANTS:**
On occasion Dr. Goradia will use a certified surgical assistant to help him during your operation. The assistant is similar to a nurse and does NOT perform any part of the surgery. He/she is simply there to assist. The assistant or their company will bill your insurance for their services. You will NOT be responsible for any portion of their bill. Please let us know if there are any problems.

PREPERATION FOR SURGERY

- DO NOT EAT OR DRINK ANYTHING AFTER 12 MIDNIGHT THE NIGHT BEFORE YOUR SURGERY**
- Please arrange for an adult to drive you home after surgery. You will not be allowed to drive yourself home, take a cab or use any public transportation. You will not be allowed to have surgery unless transportation arrangements have been made.

- Stop all Aspirin or Plavix seven (7) days prior to surgery. **PLEASE LET US KNOW IF YOU ARE ON ANY BLOOD THINNERS PRIOR TO YOUR SURGERY!!!**
- Stop all anti-inflammatories such as ibuprofen, Aleve, Motrin three days prior to surgery.

DAY OF SURGERY

- Report to Admitting which is on the first floor of the Main Hospital to register.
- Do not bring valuables, money, credit cards, jewelry, cell phones, pagers, checkbooks, wallets or pocketbooks to the surgery area.
- Do not wear makeup/nail polish. Please remove any hairpins or jewelry. All body piercing must be removed prior to the arrival at the hospital.
- Bring cases for glasses, contact lenses and dentures.
- Wear comfortable clothing, which can be placed into a bag during your surgery. Jeans are very difficult to put back on after surgery, particularly if you are having knee surgery.
- CPM MACHINE (Continuous Passive Motion Machine):** If indicated/recommended, a CPM will be provided to you thru Pro-Med Resources. Pro-Med Resources will contact you prior to your surgery to make arrangements to have you set up for this for use after your surgery.
- GAME READY (Ice/Compression Machine):** If indicated/recommended, this ice machine will be provided to you thru Pro-Med Resources. Pro-Med Resources will contact you prior to your surgery to make arrangements for you to receive this machine
- WORK NOTES & FORMS:** Please **do not** bring any disability forms/work forms, etc. with you to surgery. We will be more than happy to complete any forms or provide you with a work note prior to your surgery here in our office or you may bring them with you to your follow-up appointment after surgery.
- PRESCRIPTIONS:** You will be given a prescription(s) for pain medicine and a prescription for nausea; each with one refill available. Some patients have some nausea after surgery due to the anesthesia. Please follow the directions as prescribed. It is recommended that you take your pain medication with food and NOT on an empty stomach. You may take ibuprofen, Motrin, Advil in between your pain medication. Please do not take any Tylenol products, as the pain medication prescribed contains Tylenol.
- EXPECTED TIME TO BE OUT OF WORK:** This is based on the type of surgery you are having and what type of work you do. The following is a guideline as to estimated time out of work.



<u>TYPE OF SURGERY</u>	<u>TYPE OF WORK</u>	<u>TIME OUT OF WORK</u>
Routine Knee Arthroscopy	Sedentary	2-3 days or when off pain medication. May drive at same time
	Light to Moderate	May drive when off pain medication. Work in 1-4 weeks once full range of motion and able to walk.
	Heavy	6-8 weeks unless light duty available
ACL Surgery	Sedentary	5-7 days
	Light	2-4 weeks
	Moderate	2-3 months
	Heavy	3-5 months
	Driving	Left knee – when walking normally Right knee – 3-4 weeks if walking normally
Routine Shoulder Scope	Sedentary	2-3 days if off pain medication
	Light	2-4 weeks
	Moderate	2 months
	Heavy	3 months
Rotator Cuff Repair or SLAP or Bankart	Sedentary	7-10 days
	Light	6 weeks
	Moderate	3-4 months
	Heavy	4-6 months