



**Desert Orthopedics Center, PLLC**  
7301 E. 2<sup>nd</sup> St., Ste 310, Scottsdale, AZ 85251  
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## **Preoperative Instructions**

### **2 weeks prior to surgery:**

1. No smoking. Nicotine decreases blood flow to the joints and can cause significant complications with wound healing.
2. Tylenol may be continued for pain control.
3. Continue daily multivitamin to help with recovery and healing.
4. Discontinue the following medications:
  - a. No aspirin or medicines that contain aspirin since it interferes with normal blood clotting.
  - b. No ibuprofen or medicines that contain ibuprofen as it interferes with blood clotting.
  - c. Please discontinue all herbal medications as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
  - d. Please discontinue all diet pills whether prescription, over-the-counter or herbal as they may interfere with anesthesia and can cause cardiovascular concerns.

### **1 week prior to surgery:**

5. Report any signs of infection, whether the infection is systemic or in a joint, even if not in the same extremity as the surgery.
6. Report any scratches or abrasions or injuries to any location.
7. Report any signs of cold, boils, or pustules.
8. Do not take any cough or cold medications.
9. Do not take any alcohol or drugs for one week prior and after surgery since it interferes with blood clotting.
10. Arrange for a responsible adult to drive you to the facility.
11. If surgery is outpatient, arrange for a responsible adult to drive you from the facility on the day of the surgery since you will not be allowed to leave on your own.
12. If surgery is outpatient, arrange for a responsible adult to stay with you for the first 24 hours, since you cannot be left alone.
13. If given Hibiclens wash for use before hip or knee replacement surgery begin using this daily starting 5 days before surgery in shower to wash body, especially surgical extremity.



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**Night before surgery and morning of surgery:**

- 14.** Take a shower the night before and the morning of the surgery. Shampoo your hair the morning of the surgery as well. This is all to decrease the bacteria on your skin to decrease the risk of infection.
- 15.** Do not apply any lotions, creams, ointments, perfumes or sprays on the surgical extremity the day of the surgery. This increases the bacteria on the skin.
- 16.** Continue all regular medications until the day before surgery except those listed in #4, but do not take any medications on the day of surgery.
- 17.** Do not eat or drink anything after midnight the day before surgery. No gums, candy, mints or coffee the morning of surgery.
- 18.** You can brush your teeth the morning of surgery.
- 19.** Do not wear contacts to surgery. If you do wear glasses, bring them as well as a case.
- 20.** Do not wear dentures into surgery. If you do wear dentures, they will need to be taken out prior to going into surgery and placed in their case until after surgery.
- 21.** Do not bring any valuables like jewelry or watches. You will have wedding ring taped if worn to surgery.
- 22.** Wear comfortable, slip on clothes for surgery.
- 23.** Again ensure that an adult drives you to surgery. If outpatient surgery, an adult will also need to take you home. You will not be allowed to leave in a cab or uber/lyft.