

PREPARING FOR SURGERY

7 DAYS BEFORE

- Stop all blood thinners, NSAIDS, all dietary supplements, over-the-counter vitamins, and herbal remedies 7 days prior to your surgery (see attached page for full list of blood thinners and NSAIDS).

THE DAY BEFORE

- Do not eat or drink anything after midnight the night before your surgery.

THE DAY OF

- Do not eat or drink anything, unless instructed otherwise.
- You may brush your teeth or rinse your mouth, but spit out all the liquid.
- Take a bath or shower the morning of surgery, but DO NOT use any powder, lotion, deodorant, perfume, or aftershave.
- Please wear loose, comfortable clothing.
- Bring an adult family member or friend to drive you home after your surgery.
- Leave valuables, including jewelry and watches, at home.
- Please remove all body piercing jewelry and leave it at home.
- Please do not wear contact lenses or make-up.
- Please bring all your medications with you.
- Please bring your brace with you.

ARRIVAL / REGISTRATION

- Please arrive promptly at the time you were instructed. This time is approximately 2 hours prior to your procedure, and is necessary so that the staff can prepare you for surgery.
- Bring your driver's license or ID and insurance information.
- You will meet with the admitting clerk of the surgical facility to complete your insurance information.

NSAIDS

- Choline and magnesium salicylates (CMT, Tricosal, Trilisate)
- Choline salicylate (Arthropan)
- Diclofenac potassium (Cataflam)
- Diclofenac sodium (Voltaren, Voltaren XR)
- Diclofenac sodium with misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)
- Fenoprofen calcium (Nalfon)
- Flurbiprofen (Ansaid)
- **Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)**
- Indomethacin (Indocin, Indocin SR)
- Ketoprofen (Aaron, Orudis, Orudis KT, Oruvail)
- Magnesium salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
- Meclofenamate sodium (Meclomen)
- Mefenamic acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Naprelan)
- Naproxen sodium (Aleve, Anaprox)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Rofecoxib (Vioxx)
- Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)
- Sodium salicylate (various generics)
- Sulindac (Clinoril)
- Tolmetin sodium (Tolectin)
- Valdecoxib (Bextra)

Note: Some products, such as Excedrin, are combination drugs (Excedrin is acetaminophen, aspirin, and caffeine).

BLOOD THINNERS

- Aggrenox (ASA + Dipyridamole)
- Arixtra (fondaparinux sodium)
- **Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)**
- Coumadin (Warfarin)
- Fragmin (Dalteparin sodium)
- Heparin (Heparin sodium)
- Lovenox (Enoxaparin sodium)
- Persantine (Dipyridamole)
- Plavix (Clopidogrel)
- Ticlid (Ticlopidine HCL)

PLEASE NOTE THAT BLOOD THINNERS MAY BE RESTARTED TWO (2) WEEKS AFTER SURGERY UNLESS OTHERWISE INDICATED BY THE PHYSICIAN THAT PRESCRIBED THEM.