

PRE-OPERATIVE INSTRUCTIONS CHECKLIST

4 – 6 Weeks Before Surgery

- Medical Clearance:** Complete appointments with your Primary Care Physician or specialists to get cleared for surgery. Must be done within 30 days of your surgery date.
- Nutrition:** Begin your vitamin and supplements to boost healing (refer to the "Optimizing Nutrition" section).
- Medication Review:** Check the "Medications to STOP" list. Some supplements or drugs need to be stopped weeks in advance.
- Home Prep:** Prepare your living space now for a stress-free recovery later.

1 Week Before Surgery

- Stop NSAIDs & Herbs:** Stop taking Advil, Motrin, Aleve, Ibuprofen, and all herbal supplements 7 days prior.
 - Note: Tylenol is okay for pain.
- Review Critical Meds:** Double-check that you have stopped blood thinners or diabetic medications as instructed by your doctor.
- No Shaving:** Do not shave hair on your chest, back, arms, or armpits near the surgical site.
- Transportation:** Confirm your ride to and from the hospital.
- Acquire Supplies:** Ensure you have the following at home:
 - Chlorhexidine Gluconate 4% solution (Soap)
 - Benzoyl Peroxide 5% Ointment
 - Hydrogen Peroxide 3% solution
- Tip:** If sensitive skin, perform a patch test before

3 Days Before Surgery

- Start Washing:** Begin your pre-op showers using the Chlorhexidine Gluconate wash only.
- Protect Linens:** When using Benzoyl Peroxide, remember it can bleach fabrics. Wear white clothing or old pajamas and use old bedsheets.

Day Before Surgery

- Await Confirmation:** Expect a call from the hospital in the afternoon with your official arrival time.
- Continue Hygiene:** Continue your pre-op showering routine as instructed.
- No Alcohol/Substances:** Do not consume alcohol or marijuana for 24 hours prior to surgery.
- Pack Your Bag:**
 - Bring your sling or brace if you were already fitted for one.
 - Review the "What to Bring" section.
- START FASTING:** Stop eating and drinking completely after midnight. This includes water, gum, and mints.

Morning of Surgery

- Arrival:** Arrive at the surgery center at your assigned time (typically 2 hours before surgery start).
- Check-In:** Proceed to the front desk to begin preparation
- Check in at the surgery center front desk and the team will get you ready for surgery.