

## Preoperative Instructions: Dr. Salvatore Frangiamore

You have been scheduled for Outpatient surgery with Dr. Salvatore Frangiamore at:

**Crystal Clinic Outpatient Surgery Center:**

3975 Embassy Parkway, Suite 202

Fairlawn, OH 44333

330-668-4085 | 800-662-4043

fax: 330-670-4149

**Crystal Clinic Hospital:**

3557 Embassy Parkway

Fairlawn, OH 44333

330-670-1005

**Important Numbers to Know:**

Office Contact (along with after hours if needed):

Tel: 440-349-7137 ext. 52015    Fax: 440-349-7131

**IMPORTANT!! Please let Dr. Frangiamore's team (440-349-7137 ext. 52015) know if you will need a letter for school, work or excusing you from any activities such as sports participation.**

**Pre Surgery Checklist/Information:**

**SCHEDULE PRE-OPERATIVE/PRE-ANESTHESIA TESTING (PAT) IF INSTRUCTED:**

- If you are told you need to have pre-admission testing- including History and Physical Exam, this must be done within 30 days of your surgery. Please call the numbers below (depending on where your operation is being performed) to arrange this appointment - This **MUST** be completed **BEFORE** surgery. Testing will include a History and Physical Exam and may include

laboratory studies, EKG, X-ray, Physical Therapy and medical, cardiac or vascular clearance if needed.

### **Outpatient Surgery Center Pre-Admission Testing**

**(330) 670-4019**

Monday through Friday

8 a.m. to 4:30 p.m

### **Hospital Pre-Admission Testing**

**(330) 670-3508**

Monday through Friday

8 a.m. to 4 p.m.

### **Hospital Same Day Surgery**

**(330) 670-3505**

Monday through Friday

6 a.m. to 7 p.m.

**SCHEDULE PHYSICAL THERAPY:** It is best to schedule your first PT appointment prior to surgery. You can call **440-349-7137** and follow the prompts to direct you to physical therapy scheduling. If you are planning to attend physical therapy outside of Cleveland Clinic please provide our office with the name of the facility and fax number. We will make sure physical therapy script and protocol are available for the physical therapist.

**Surgery Time:** On the day before your surgery, a nurse will call you to confirm your surgery time and review pre-operative instructions. If you will not be home the day prior to surgery, please call the Crystal Clinic Orthopedic Center at (330) 668-4085 or (800) 662-4043, ext. 4201, between 10 a.m. and 4 p.m. for instructions.

**Transportation:** You will need to have someone drive you home from your surgery and stay with you for 24 hours. You will not be permitted to take a taxi, public transportation or drive yourself home.

**Anesthesia:** You will have General anesthesia for the surgery, which means you will be completely asleep. Shoulders, ACL reconstructions and some other knee procedures may also receive a nerve block. This means you will receive an injection into/ around the nerve that supplies feeling to the operative extremity. The nerve block will provide pain relief after surgery for up to 16 to 24 hours. Anesthesia will talk to you about this the day of surgery.

**NOTHING to EAT or DRINK after Midnight the NIGHT BEFORE THE SURGERY** including water, chewing gum, hard candy & breathe mints. If you do it is likely your surgery will be cancelled. You may brush your teeth, but do not swallow any water.

**STOP taking Aspirin, NSAIDs (nonsteroidal anti-inflammatory), Anticoagulants, vitamins and herbal medications 7 DAYS PRIOR TO SURGERY.** This includes but is not limited to (Ibuprofen, Motrin, Advil, Aleve, Anaprox, Naprosyn), herbal supplements, glucosamine, diet pills, cilostazol (Pletal), clopidogrel (Plavix), warafin (Coumadin), Mobic (meloxicam), Relafen (nabumetone), Daypro (oxaprozin) Feldene (piroxicam) and vitamin E.

You may take Tylenol (acetaminophen) up until midnight the night before your surgery. You may resume your medications after surgery.

Other medications that are allowed to be taken before surgery will be discussed at your pre-operative testing appointment. Examples of medications to take the morning of surgery are Beta Blockers for blood pressure, inhalers and medication for gastric reflux

#### **MINIMIZE RISK OF SURGICAL SITE INFECTIONS:**

Before your surgery, you can play an important role in reducing the number of germs on your skin by carefully showering with antibacterial soap. The night before your surgery, shower with warm water. First shampoo and rinse your hair thoroughly. With a wet, clean washcloth and antibacterial soap, lather your entire body from the neck down. Pat yourself dry with a clean towel. Do not apply lotions or powder. Dress with clean clothes

#### **Notify the office:**

- If you are prescribed an ANTIBIOTIC and will not be finished with it 2 weeks prior to surgery
- Notice cuts, scrapes, blemishes, bug bites on operative extremity
- Become ill or develop any change in your health prior to your surgery. This includes minor conditions such as a cold, cough, or scrape on the operative extremity.

#### **Pre- Operative Skin Preparation**

**You will be given a Hibiclens Anti-bacterial Soap along with specific instructions for its use in your surgery folder:** Preparing or “prepping” skin before your surgery can reduce the risk of infection at the surgical site. To make the process easier for you, we have chosen disposable cloths moistened with a special rinse-free 2% Chlorhexidine Gluconate (CHG) antiseptic solution.

**Antibiotic:** You will receive a dose of an antibiotic through your IV just before your surgery and for open cases a dose of an antibiotic prior to discharge. You will not be given a prescription for an antibiotic after surgery.

**Hair removal:** hair around the surgical area will be shaved with clippers at the surgery center the morning of surgery

#### **THE DAY OF SURGERY:**

- DO NOT APPLY: Lotions or Deodorant (upper extremity surgery only) and minimize the use of make-up.
- Before leaving home: Remove contacts, all jewelry and body piercing. Leave all valuables at home.
- Wear loose-fitting clothing to accommodate bulky dressing or braces that you may be wearing post op. Sweat pants, shorts and loose fitting tops that zip or button in the front will be easiest to put on after your surgery.
- **DO NOT take oral glucose-lowering agents or ACE inhibitors (such as captopril [Capoten], enalapril [Vasotec], lisinopril [Prinivil, Zestril], quinapril [Accupril]). Insulin will need to be adjusted or withheld.**

#### **AFTER SURGERY:**

Follow up: Your first post op appointment will be scheduled for you approximately 2-4 weeks following your procedure (depending on what you are having done). **This will be scheduled for you but make sure to confirm this is scheduled prior to your operation or immediately after surgery.**

- You will be provided with immediate going home instructions before leaving the surgery center after your surgery.
- **Pain Control:** A prescription for PERCOCET (Oxycodone/acetaminophen) pain medication will be sent to the pharmacy listed in your chart. **If you have an allergy or unable to take Percocet, please notify the office prior to your surgery** to discuss alternative pain medication. It is important that you DO NOT drive or operate machinery while taking these medications as they make you drowsy. Recommend you take OTC stool softener or miralax while taking narcotic pain medication. You may also receive a prescription for an anti-inflammatory (**toradol**) and instructed to take and OTC 81 mg aspirin twice a day to prevent blood clots. This is determined on an individual basis.
- **Ice:** you may be given an ice wrap or iceman cooling unit the day of surgery, otherwise you can use ice as needed. You may use frequently for the first 48-72 hours. Then use ice/iceman 4-5 times per day for 20 minutes at a time. Do not apply ice/ iceman to bare skin. This will assist with pain control.
- **Driving:** prior to driving you must be off narcotic medications, out of sling or brace, off crutches (for right lower extremity) and have good leg control.