

PREOPERATIVE CHECKLIST

For additional details, review [SURGERY GUIDE copy](#) or [click here](#)

Preparing for Surgery



- Contact your Insurance Company about your benefits regarding inpatient rehabilitation, physical therapy & occupational therapy, and home nurse services
- Get Preadmission Testing done at specified hospital
- Get Preoperative Medical Clearance from your primary care physician, pediatrician, internist or cardiologist
- Get all Radiologic Studies (X-ray, MRI, CT Scan, Bone Scan)
- Stop all blood thinners 5 days before surgery
- Read and sign Informed Consent

The Night Before Surgery



- Shower (may be done day of surgery if time permits - use antibacterial soap)
- DO NOT** eat or drink anything after **MIDNIGHT**
- List all medications, dosages and times taken (please bring a neatly printed list)
- Review the SURGERY GUIDE
- Get a good night's sleep

The Day of Surgery



- Take routine medications with only a sip of water - as instructed by your doctor
- Brush your teeth & rinse - **DO NOT SWALLOW**
- Wear comfortable clothing, leave valuables at home or with a family member
- Bring your Radiological Studies
- Bring all your medications with you to the hospital. If the hospital does not carry your specific medication, you will be able to take your own from home.

Postoperative Care



- Your healthcare team (Surgeon, Nurses, Nurse Practitioners, Physical Therapist or Occupational Therapist, Fellows & Residents, Internists, Pain Specialist, Rehabilitation Specialist) will all assist in the complete monitoring of you after your surgery while in the hospital

Back at Home after Surgery



- Postoperative follow up care with Dr. Wittig normally takes place 2 weeks after your discharge from the hospital or from rehabilitation
- Continue to follow instructions in the SURGERY GUIDE