

PRAIRIE ORTHOPAEDIC AND PLASTIC SURGERY

www.prairie-ortho.com

ASC PRE-SURGERY INSTRUCTION SHEET

1. We will contact your insurance company to obtain prior authorization but there is no guarantee that your insurance will pay for your surgery. There may be a copay due or the billed amount may go towards your deductible/coinsurance. Every plan is different; it is ultimately your responsibility to check. The office staff is here to help if you have any questions.
2. **Stop** taking these medications and herbal products **7 days** before surgery, they may increase your risk of bleeding: **Advil**, Aggrenox, **Aleve**, Anaprox, Ascriptin, **Aspirin**, Bufferin, Brilinta, Cataflam, Clinoril, Daypro, Disalcid, Dolobid, Ecotrin, Effient, Feldene, Feverfew, **Fish Oil**, Flanax, Fragmin, Garlic, Ginger, Ginkgo Biloba, Ginseng, **Ibuprofen**, Indocin, Lodine, Mediproxen, **Mobic**, **Motrin**, Nalfon, Naprelan, **Naprosyn**, Naproxen, Orudis KT, Oruvail, Persantine, **Plavix**, Pletal, Relafen, Ticlodipine, Tolectin, Voltaren, Vitamin E.

STOP! taking these anticoagulants as directed by your primary care physician: Arixtra, **Coumadin**, Fragmin, Heprain, **Lovenox**, Pradaxa.

STOP taking diet pills containing **phentermine** as directed by your primary care physician at least 2 weeks prior to your surgery.

IF YOU HAVE QUESTIONS ABOUT SPECIFIC MEDICATIONS TO STOP PRIOR TO YOUR SURGERY PLEASE ASK YOUR PCP OR SURGEON.

3. Tylenol (acetaminophen) and Celebrex are OK to take.
4. Your **financial responsibility** will be calculated and communicated to you via mail; email or phone. This amount is due **on** your surgery date.
5. Beginning the day of surgery, take one 500 mg tablet of Vitamin C for 50 days after surgery.
6. Bring your insurance cards and an updated list of your current medications.
7. Bring something to read or do while waiting to be called to surgery.
8. Bring a copy of your advance directive if you wish or have them.
9. If you are diabetic, please bring your glucose monitoring device, insulin and supplies if you take insulin.
10. If you have respiratory problems bring your inhalers.
11. Please inform us if you have a pacemaker or defibrillator.
12. Jewelry must be removed prior to surgery. Please leave it at home if possible.
13. If you have further questions, please visit our website at www.prairie-ortho.com or call the office at **402-489-4700**.