

Congratulations on starting your surgical journey! This is a list of tasks in preparation for surgery that follows a general timeline. I recommend hanging it somewhere visible so you can check things off as you go.

While intended to be comprehensive, there may be additional necessities or questions you come up with so be familiar with how to communicate using our office phone (970) 245-0484 or through the Patient Portal.

Brief overview of pre- & post-op milestones for most patients:

- Surgical Consult
- 2 week pre-op optimization visit
- 1 week pre-op surgical visit
- Surgery
- 1 week phone call
- 3 week post-op visit
- 3 month post-op visit

>= 1 month before surgery:

- Sign up for the Patient Portal
- Start or maintain a balanced, proportioned diet
 - prioritize proteins & green leafy vegetables
- No tobacco use
 - Tobacco cessation is required. Patients are tested prior to surgery and delayed if the test is positive
- Maintain or increase activity
 - The more you can do pre-op, the better
 - Emphasize cardiopulmonary activities like longer walks, stationary biking, or stairs
- If you have a complex medical history, reach out to your primary care provider for their input
 - Avoids delays at the preop optimization visit (i.e. for cardiac testing after heart attacks, pulmonary testing in severe COPD, or blood sugar/A1c optimization in severe diabetics)
- Identify who will drive you to/from the hospital and help you in your recovery the first week post-op
 - Can be straightforward if someone lives with you and is able, but takes some arranging if you need someone else (neighbor/friend/coworker)
- Arrange for time off of work (duration varies)
 - Generally, 1 month for sedentary work and 3 months off from heavy manual labor
- Go to your preop optimization visit (2 weeks preop)
- Keep a list of questions for your preop surgical visit

1 week before surgery

- Prepare your living quarters
 - identify where you will spend the immediate week post-op, ideally on one level
 - If possible, temporarily move potential tripping hazards like exposed cables, cords or loose rugs
- Obtain over the counter medications
 - 500mg tablets Acetaminophen/Tylenol, 220mg tablets naproxen/Aleve, 200mg ibuprofen/Advil
 - Stool softener(s) such as senna or docusate
- Obtain your durable medical equipment (DME):
 - Walker, cane, 4 gel ice packs
- Obtain additional optional DME that can be helpful:
 - Toilet seat riser, shower chair, extended object grasper, leg lift, and extended shoe horn
- Practice using your DME
 - This will help you get used to using these items and alert you if any adjustments are necessary
- Stop recommended medications
 - Most blood thinners are held 5 days prior to surgery. Please refer to your preop optimization visit and clinic discussions for recommendations
 - Discontinue use of NSAIDs (aleve, ibuprofen, advil, naproxen, etc) 1 week prior
 - Outside of a standard multivitamin, supplements should be stopped for 1 week prior to surgery
- Go to your preop surgical visit

1 day before surgery

- Stop at the grocery store to make sure your house is stocked for >1 week following surgery. Consider:
 - Pre made meals, Soups, Protein shakes like Ensure or Boost, Replenishing liquids like Pedialyte or Gatorade, Fruits and vegetables
- Eat your normal diet until midnight before surgery, after which you should have nothing by mouth
 - Exception: small sips of water for required meds
- Pack a bag for your surgery day
 - Although most go home the same day, pack as if you stay overnight (toothbrush, phone charger, one loose fitting change of clothes, etc) and include your Tylenol and ibuprofen/naproxen
- Take your first shower with the provided preop soap
- Set the alarm & go to bed early: get a full nights rest

The day of surgery

- Do NOT have your normal coffee or breakfast
 - NPO means nothing by mouth
- Take your second shower with the provided soap
 - do not shave your surgical site
 - do not apply any kind of lotion afterward
- Put your walker and pre-packed bag in the car
- Head to the hospital

I look forward to providing your care. We will do our best to make things go smoothly and ask that you let us know if there is anything you need or we can do better.

Thank you for choosing WOSM.

Sincerely,

-Dr. Rainer