



PRE-OPERATIVE INSTRUCTIONS

DEAR PATIENT:

Your surgery date has been finalized. You must attend the following appointments prior to your surgery date:

1. Your PSA with Ryan Saunders, PA-C at ALPINE ORTHOPAEDIC & SPINE is scheduled on _____ at _____.
(date) (time)
2. Holy Family Hospital or Deaconess Hospital will call you between now and the day of your surgery to get your health history and let you know what you need to have done before surgery.
3. If you have not had any labs done within 30 days of the operation, then please inquire Renee or Ryan Saunders, PA-C about this.
4. Please report for surgery at {Holy Family} {Deaconess} Admitting on _____(date)
5. I will contact you after scheduling your surgery to confirm check-in time. If you haven't heard from me[Renee] TWO days before your surgery, please call me.
6. If you have any other questions, please call Renee at (509) 435-0973.
Messages left after 4 pm may not be answered until the next day.

7. PLEASE STOP ASPIRIN PRODUCTS, ANTI-INFLAMATORY AGENTS[MOTRIN, IBUPROFEN, NAPROSYN, CELEBREX, ETC] and ANY medications, supplements or herbals on the "To Be Avoided Before Surgery" list 7 DAYS PRIOR TO THE OPERATION.

8. IF YOU ARE ON ANTI-RHEUMATOID MEDICATIONS, PLEASE STOP THOSE 7 DAYS PRIOR TO THE OPERATION, AND IF THERE ARE QUESTIONS ABOUT WHAT SHOULD BE STOPPED, PLEASE CONTACT RYAN SAUNDERS, PA-C ABOUT THIS.

9. IF YOU ARE HAVING A SPINE FUSION OR LIGAMENT SURGERY, YOU MUST REFRAIN FROM SMOKING BEFORE YOUR OPERATION AND 8 WEEKS AFTER THE OPERATION.
10. IF YOU ARE ON COUMADIN[WARFARIN][BLOOD THINNER], PLEASE STOP THAT MEDICATION 7 DAYS PRIOR TO THE OPERATION AND MAKE SURE THAT YOU ASK ABOUT BEING PLACED ON AN INJECTABLE BLOOD THINNER [LOVENOX OR ARIXTRA] STARTING THE MORNING AFTER YOU QUIT THE ORAL BLOOD THINNER GOING UNTIL THE MORNING OF THE DAY PRIOR TO THE OPERATION [NOT THE DAY OF THE OPERATION].
11. DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER AFTER MIDNIGHT ON _____(date), WITH THE EXCEPTION OF YOUR NORMAL MORNING MEDICATIONS.
12. On the morning of surgery, shower with soap, BUT THERE IS NO NEED TO SHAVE ON THE DAY OF SURGERY AS THAT WILL BE PERFORMED AT THE HOSPITAL.
13. On the day of surgery, *BRING:*
 1. List of medications
 2. Insurance cards
 3. Any braces for the body part that is being operated on
14. Make arrangements for transportation to your home. You must have a driver. You will NOT be discharged unaccompanied.
15. If you have children, please make childcare arrangements. There are no facilities or staff available to provide childcare.
16. Ask our staff personnel if crutches will be needed after your surgery.
17. Please leave valuables at home i.e. jewelry, large sums of cash, credit cards, etc.
18. Your follow-up appointment after surgery is on _____(date) with Ryan Saunders, PA-C

To Be Avoided Before Surgery:

A

Aches-N-Pains, Actifed, Acuprin, Addaprin, Adprin-B Tablets, adult analgesic pain relievers, Advil, AK Spore-HC, Alka Seltzer, all arthritis medicines, allergy relief medicines (A.R.M.), alpha omega (fish oil), Aluprin, Aleve, Amigesic capsules, amitriptyline, Anacin, Anacin Arthritis/P, Ansaid tablets (generic brand of Ansaid is flurbiprofen), Anodynos tablets, Analval, Anaprox, Anaprox-DS, naproxen Anodynos, Ansaid, APAC improved, APC, Argesic tablets, Arthra-G, Arthralgen tablets, arthritis pain formula, Arthritis Strength Bufferin, Arthropan, Arthropan Liquid, As-caff, Ascodeen, Ascriptin, Ascriptin AID tablets, Ascriptin with codeine tablets, ALL ASCRIPTIN PRODUCTS, Aspir-lox, Asperi-mox, Aspirbuf, Aspercin, Aspergum aspirin (of any kind), aspirin suppositories, aspirin with codeine, ASpirTab, Asprimox tablets, Asproject, ASA tablets, ASA Enseals, Axotal, Azdone tablets.

B

B-A-C tablets, Bayer aspirin, Bayer Children's aspirin tablets, Bayer Children's cold tablets, Bayer Timed-Release aspirin tablets, Bayer Select pain formula, BC powder/tablets, Bilberry tablets, Brufen, Buf Tab, Buff-A-Comp, Buff-A-Comp No.3 tablets with codeine, Buffaprin, Buffasal, Bufferin, Bufferin 37%, Bufferin Arth., Bufferin X/S, Butalbit, Buffets II, Buffex, Buffinol, Buropion, Buropion HCL, Butazolidin

C

C-Advil Cama, Cama Arthritis pain reliever, Cama Inlay tabs, CataFlam tablets, Carisoprodol Compound tablets, Cayenne, Cephalgesic, Cheracol tablets, Children's Advil suspension, Children's aspirin, Children's Motrin suspension, chromium, chromium picolinate, Claritin, Clinoril, Concerta (for ADD/ADHS), Congespirin, Contac, Cope, Coricidin tablets, Coricidin-D decongestant tablets, Coricidin, Coricidin Demilets tablets for children, Coricidin Medlets tablets for children, Coumadin

D

Damason-P, Darvon, Darvon with ASA, Darvon Compound, Darvon Compound-65, Darvon with aspirin, Darvon-N with aspirin, Dasin, Dipyrindamole, Disalcid, Diurex, Doan's, Dolcin, Dolobid, Dolphirn #3 tablets, Drinopohn, Dristan, Dristan Sinus, Duoprin-S syrup, Duradyne tablets

E

Vitamin E, E-aspirin, Easprin EC, Echinacea, Ecolrin, Ecotrin tablets, Effexor XR, Elavil, Emagrin, Empirin, Empirin with codeine, Emprazil, Endodan tablets, Epromate tablets, Equagesic, Equazine-M, Excedrin, Effexor XR (venlafaxine HCL) Extended-Release, ExPrazi

F

Feldene, fenoprofen tablets, feverfew, Fiogesic tablets Fioricet, Fiorinal, Fiorinal with codeine, Fiorgen PF, fluoxetine, flurbiprofen tablets, 4-way cold tablets

To Be Avoided Before Surgery:

G

Garlic (allium sativum) tabs and do not eat garlic excessively (some say none at all, but if you accidentally get some or have a little garlic toast, I am sure it is okay, it is more for garlic tablets), Genaced, Genacote, Gelpirin tablets, Genprin, Gensan, Ghemnisym, ginkgo, ginkgo biloba, Gennin, ginger, GNP aspirin, Goody's Headache Powder, Goody's Extra Strength

H

Halfprin tablets, Haltran, heparin, Hydroxycut

I

IBU, IBU-Tab, ibuprofen, Ibuprin, Ibuprohm, Indocin, Indochron E-R capsules, indomethacin capsules, indomethacin suspension, Infantol pill, Isollyl improved tablets and capsules

J

None available

K

Ketoprofen capsules

L

Licorice root, Lodine, Lortab ASA

M

MAO Inhibitors (although many patients undergo surgery while still on their MAO Inhibitors, please alert your anesthesiologist), Magan, Magnaprin, Magnasprin, Magsal, Marnal, Marthritic tablets, Maximum Bayer aspirin, Measurin, Meclomen, meclofenamate capsules, Medigistic-Plus, Medipren, Meditren, melatonin, Menadol, Meprogesic Q, Micrainin, Midol/Midol 200, Midol original, Midol PMS, Mobidin, Mobigesic, Momentum Back Ache Formula, Monogesic, Motrin, Motrin IB, multivitamin

N

Nalfon, Nardil, Nardelzine, Naprosyn, neomycin, Neogesic, Norgesic, Norgesic Forte, Norwich Extra Strength aspirin, Nov-naproxen, Nuprin, NyQuil/NyQuil p.m.

O

Orphengesic, Orphengesic Forte, Orudis, Oruvail capsules, Oxycodine, oxycodone

P

P-A-C, Pabalate-SF, Pabrin, Pacaps, pain reliever tablets, Pamprin-IB, Panalgesic, Panodynes, papaya, Pediaoprofen, Pedrazil, Percodan, Percodan Demi tabs, Persantin, Persirin, Persistin, Pepto-Bismol, Phenaphen, Phenetron compound, piroxicam capsules, polymyxin, Ponstel capsules, Presalin, propoxyphene compound, propoxyphene napsylate with aspirin, Prozac

To Be Avoided Before Surgery:

R

Relafen tablets, Rexolate, Rhinex, Robaxin, Robaxisal, Roxiprin tablets, Rufin, Robaxisal

S

S-A-C, Salabuff, Salatin, Saletto, Saletto 200, Saletto-400, 600, 800 tablets, Salflex, salicylamide, Salocol, salsalate, Salsitab, Serzone, Sign Off sinus tablets, Sine Aid, Sine Off, SK-65 compound capsules, soma compound, soma compound with codeine, St. John's Wort, St. Joseph's aspirin, St. Joseph cold tablets (for children), Stanback analgesic, Stanback powder, Sudafed, sulindac tablets, Supac, Synalgos capsules, Synalgos-DC capsules

T

Talwin compound, Tenol-Plus, Tolectin 200,600 tablets, Tolectin DS capsules, Tolmetin tablets/capsules, Toradol injection/tablets, Tr-Pain tablets, Trilisate tablets and liquid, Trendar, Trental, Triaminicin tablets, Tricosal tablets, Tri-Pain, Trigesic, Trilisate, Tusal

U

Ultrapin, Unipro, Ursinos Inlay tablets

V

Valesin, Valtrex, Vanquish, Verin, Viro-Med tablets, Vivarin, Voltaren

W

Warfarin (Coumadin), Wellbutrin, Wesprin Buffered

X

None available

Y

Yohimbe

Z

Zactrin, (Zolofl has anti-coagulant properties so just advise your anesthesiologist if you take it), Zorprin, Zyban

Plus any other aspirin-containing medication, be it natural, prescription, or over the counter. Alert your doctor of any medications or supplements you may be taking. Even natural supplements have their risks. See the next page: