

Pre-Op Checklist

6 weeks before and 12 weeks after surgery:

- Do not schedule a colonoscopy, elective dental work, or surgical procedure

4 weeks before surgery:

- Think about post-op physical therapy options and contact your insurance to see how many physical therapy sessions you are allowed
 - Outpatient (most common): Find a local physical therapy office near you and schedule PT sessions, with your first visit about 7-14 days post op. We advise you to do 2-3 sessions per week for 6 weeks after surgery
 - Home Health: If you would prefer home health PT sessions (this means in home PT, not a nurse visit) initially for the first 1-2 weeks after surgery, you will need to arrange this on your own or discuss this during your hospital stay
 - Skilled Nursing Facility: If you do not have anyone to assist you at home during your recovery, please discuss your eligibility for a SNF with St. Marks Hospital at (801) 268-7111.

7 days before surgery:

- Stop all anti-inflammatory medications and herbal supplements (including vitamins)
 - Many of these medications and supplements have properties that affect anesthesia and blood-clotting
- If you are taking a blood thinner, confirm your stop date with your prescribing provider

48-72 hours before surgery:

- A nurse will call you to go over your medications and health history and tell you which of your medications to take on the morning of surgery and which to skip. Do not take insulin or diabetic medication on the day of surgery unless instructed by a surgery nurse.
- IF YOU ARE ON A GLP PLEASE FOLLOW THE INSTRUCTIONS ON PAGE 10

24 hours before surgery:

- The St. Marks Hospital will call with your check in time by 4pm the afternoon before surgery. If you have not received a call by 4pm, you may call (801) 268-7142. Please do not call before 4 pm and do not call The Orthopedic Partners, as they will not have an answer.
- Shower with Hibiclens/CHG 4% soap the night before and again the morning of surgery.
- Pack a small personal bag with loose fitting clothing and non-slip shoes. If you wear glasses or contacts, bring them for reading and signing documents in pre-op.

- We advise you to bring protein filled snacks for after surgery
- If you use a CPAP, please clean it and bring it with you.
- If you purchased “Edemawear” compression stockings (page 18), please bring this to surgery.
- Patients are asked to check-in several hours prior to your surgery’s scheduled start time and there may be unforeseen delays the day of surgery, so bring a magazine, book, etc. to keep yourself busy. We ask that you remain flexible on the day of surgery.
- Please removal all jewelry and leave valuables at home.
- Do not eat anything after midnight before surgery. You are encouraged to drink a bottle of Gatorade the night before surgery. On the morning of surgery, you can drink just 12 ounces of Gatorade 2 hours before you CHECK IN the morning of surgery (not 2 hours before surgery). If you are diabetic, please have 12 ounces of sugar-free Gatorade or water 2 hours before CHECK IN. After the Gatorade, you cannot have anything else by mouth – this includes no water, no gum, no mints, no candy, no cough drops, etc.
 - For the above ^^^ please refer to page 10 for instructions if you are on a GLP medication
- You may brush your teeth, but please spit out the toothpaste.
- You may bring one adult over 18 with you on the day of surgery.
- Please notify Dr. Shirley’s office if you develop a cold, cough, fever, scab or open wound before surgery. These problems may raise the risk of infection.

****Failure to complete mandatory requirements in the appropriate timeframe or failure to adhere to pre-surgery instructions may cause your surgery to be delayed or cancelled. If you need to cancel/reschedule, please call ASAP at (435) 655-6580****