



NEW HAMPSHIRE KNEE CENTER AT THE ALPINE CLINIC



PRE-OPERATIVE INSTRUCTIONS

has been scheduled to undergo the following procedure:

With Dr. Daniel O'Neill

At _____, On _____

- #1 The three hospitals we use employ different pre-op procedures. Please verify the hospital you are scheduled for and follow the correct procedure.
 - ANDROSCOGGIN VALLEY (752-2200 x 371): The **nurses will call** you the Thursday or Friday before surgery for your arrival time.
 - LITTLETON REGIONAL (444-9310): **You must call** the nurses on _____ for your arrival time.
 - SPEARE MEMORIAL (536-1120): The **nurses will call** you a couple of days before surgery for your arrival time.
- #2 The pre-operative nurse will be able to advise you on whether to take any of your regular medications on the morning of your surgery.
- #3 Bring crutches should you own a pair that fit, otherwise they will be provided by the hospital.
- #4 All patients need to shower well using an antibacterial soap the night before or morning of surgery. Give special attention to buttocks and groin area.
- #5 Wear a clean pair of underpants, boxers, or athletic shorts into surgery.

- #6 TAKING NOTHING BY MOUTH AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. NO FOOD OR LIQUIDS, NO GUM CHEWING, NO SMOKING.
- #7 **NO ALCOHOL INTAKE 24 HOURS PRIOR TO SURGERY-WE WANT YOU RESTED AND HYDRATED.**
- #8 You (and your family) will meet with the Anesthetist in the holding area prior to being taken into the operating room. You may ask specific questions and will then sign a witnessed permit after being fully informed of the benefits and risks of your anesthetic choice.
- #9 Remind the Anesthetist, the Nurses, and Dr. O'Neill of any existing medical conditions (diabetes, heart disease, heart murmur, high blood pressure). **ESPECIALLY NOTE ANY KNOWN ALLERGIES TO FOOD OR DRUGS.** Alert us to any acute illnesses, particularly infections. Note any previous problems or complication with anesthesia.
- #10 Upon discharge, please note:
- You will **NOT BE ABLE** (physically OR legally) **TO DRIVE** or operate machinery for 24 hours after surgery and as long as you are on narcotic medication. Make arrangements for someone to drive you home at time of discharge.
 - It is not advisable to stay at home alone the first night after surgery due to your anesthesia and potential use of pain medications.
- #11 Please review insurance arrangements with the office, as soon as possible, to avoid undue complications. Contact your insurance company as to the scheduled surgical procedure and date. Some insurance companies require pre-certification or a referral letter from their family physicians.
- PLEASE BE AWARE OF YOUR OWN INSURANCE PLAN, CERTAIN HOSPITALS MAY NOT BE COVERED 100% BY YOUR PLAN. BRING YOU INSURANCE CARD WITH YOU THE DAY OF SURGERY**
- #12 Continue any exercise and rehabilitation program as outlined.

If you have any questions about this surgery, do not hesitate to call or e-mail our office prior to surgery.