



Emily Whicker, M.D.

Sports Medicine

Office: 314-336-2555

Name: _____

Surgery Date: _____

Pre-Operative Instructions

Two to Four Weeks before Surgery

Preoperative Clearance

- Most patients over the age of 50 or with significant medical histories will obtain clearance through their primary care physician. We will fax paperwork to your doctor's office. Your doctor will determine what is needed to clear you for surgery. Our staff will discuss this process with you when you schedule.
- If you develop cold or flu symptoms, develop a rash, or any other concerning issues prior to your surgery please contact the office.

Get As Healthy As You Can

- Decrease or stop tobacco products. These products decrease healing and increase complications.
- Get your blood sugars under control. Optimized blood sugar will decrease your chance of infection post operatively.
- Eat a healthy diet. A well balanced diet will also aid in your healing.
- **STOP** taking aspirin and other anti-inflammatory medications **5 DAYS** before surgery. Please let us know if you are on other blood thinning agents so we can make arrangements with your doctor.

Pharmacy

- Your prescriptions will be sent to the pharmacy of your choosing on file.

Medical Equipment

- Our medical equipment staff will be calling you to discuss medical equipment required for your surgery.

Physical Therapy

- ☐ You will be starting Physical Therapy ____ days after surgery unless told otherwise; and **YOU** must schedule this appointment ahead of time.
- ☐ You will wait to start Physical therapy until after your post op appointment

The Day Before Surgery

- **DO NOT EAT ANYTHING** after midnight, the evening before surgery unless otherwise instructed by anesthesia. This includes drinking, candy, gum, and using tobacco products.
- The Surgery Center will call 48 hours ahead of your scheduled surgery with the arrival times for surgery.

The Day of Surgery

- Arrive on time for your procedure. Wear sweat pants, shorts, or a skirt if having kneed surgery and a button down shirt if having arm surgery.
- Remember to bring your Photo ID and Insurance Cards. Leave other valuables at home.
- Have a reliable adult family member or friend with you at all times to help with questions and help assist you
- This person will have to bring you to surgery, stay for the duration, and take you home after your procedure
- Expect to have this person with you for the first 24-48 hours at least as you recover from anesthesia.