

Before and After Surgery Instructions

Please follow the instructions that have been given a check mark

Before Surgery

- ☐ Expect 2 phone calls prior to surgery:
 1. Approximately 7-14 days prior to procedure the Surgery Coordination Center will call to review medications and discuss prior anesthesia experiences. For best outcome and to ensure your surgery proceeds as scheduled please make contact with the surgery coordination center when they call.
 2. The day prior to procedure the Day Surgery Department will call with your arrival time and confirm when to hold clear liquids in the morning. (907)714-4484
 - ☐ No eating any solid food after midnight the night before surgery. Clear liquids ok until directed to stop in the morning.
 - ☐ Clean, laundered bed sheets and linens on bed to come home to.
 - ☐ Comfortable, clean clothes to wear day of surgery.
 - ☐ Clean, laundered towel for morning of surgery.
 - ☐ Shower normally in the morning (no shaving). Follow with additional wash Hibiclens. Follow handout instructions for Hibiclens if given. Or shower with dial antimicrobial soap.
-

After Surgery

☐ If you are able to take both NSAIDS and Tylenol, take both Ibuprofen and Tylenol in alternating doses. Follow instructions on bottles for dosing. For continued pain, please take prescribed pain medication and discontinue Tylenol.

Protocol:

Ibuprofen, Advil, or Motrin: 3 tabs (600 mg) every 8 hours with food. Tylenol or Acetaminophen: 4 hours after taking the ibuprofen, please take 2 tabs of Tylenol (either regular or extra-strength). The Tylenol should be staggered with the ibuprofen, and the Tylenol can be taken every 6 hours.

- ☐ Ice- Please ice 20 min on and 20 min off to reduce inflammation, swelling and pain. Protect skin with a thin clean towel to avoid frostbite.
- ☐ MiraLAX or generic stool softener to help with constipation that may occur due to pain medications.
- ☐ No pushing, pulling or lifting over 10 lbs until your post-op appt or 10-14 days after surgery.
- ☐ Signs of infection to watch for:
 - Fever over 101.5
 - Excessive redness/swelling
 - Foul drainage- green tint or foul smell. (Clear, yellow and red drainage is normal)

If you see signs of infection please call Surgical Associates at 907-714-4130 or present to the Emergency Room.