



Lyman Orthopedics

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PREPARING FOR SURGERY

- Do not eat or drink anything for 8 hours prior to surgery, or after midnight the night before surgery if you are the first surgery of the morning.
- Do not shave or clip the surgical extremity for at least 5 days prior to surgery.
- Be aware that any cuts, scabs, pimples, ingrown hairs, or burns on or near the surgical field contain bacteria and greatly increase the risk of surgical infection. If any of these are present on the day of surgery, it is best to delay surgery until the skin issue has resolved (usually one week). Treatment of all chronic skin conditions such as psoriasis should be maximized prior to surgery.
- Please purchase a bottle of Hibiclens at a local pharmacy and wash your entire skin surface (except eyes, nose hair, and any other sensitive areas) for two days in the shower prior to surgery. This helps reduce the number of infectious skin bacteria.
- It is best, if possible, to be active prior to arriving at the hospital the day of surgery. A short walk, some standing squats or a short stationary bicycle ride helps get blood moving. This may decrease the risk of developing a blood clot.
- If you are diabetic, please discuss how much of your diabetic medication to take with your family physician. A good rule of thumb is to take only half of your normal oral dosage. Most other medications should be held that day. If you have specific questions about medications, please discuss with your family physician or internist.
- All blood thinner medications (including aspirin, coumadin, plavix, and heparin) should be stopped prior to surgery. In most cases this needs to be done a week before surgery, and a specific plan to manage anticoagulation will need to be discussed. **BE SURE TO DISCUSS THESE MEDICATIONS WITH OUR STAFF** if you are on them.
- Many holistic medications and natural supplements (herbs, naturopathic medicines, etc.) have unknown or unpredictable effects on blood coagulation. These should all be stopped 7-10 days prior to surgery. Please discuss with our staff if you have questions.
- Wear appropriate, loose fitting clothing for surgery. In most cases, undergarments can be left on during surgery. Remove all rings and piercings before arrival at the hospital. Do not paint your toes or fingernails as this might interfere with some monitoring devices and may need to be removed.

For any questions please do not hesitate in contacting our staff:

(602)903-1824 direct line
www.lymankneemd.com
(602)903-1814 fax line