

Next Journey Orthopaedics

Preparing for Surgery

- ☐ Confirm with surgeon surgical procedure to be performed
- ☐ Schedule surgery date and location with office
- ☐ If needed, schedule preoperative diagnostic testing (i.e. lab work, xrays, EKG) and/or surgical clearance with primary care physician
- ☐ Provide \$ 25.00 for any disability and/or workers compensation forms you may have
 - ☐ Please note, form completion takes 7-10 business days to be completed and signed.
- ☐ Confirm preferred pharmacy through patient portal and/or the office at 571-425-5393
- ☐ No aspirin/NSAIDS 10 days prior to surgical date (i.e. Advil, Motrin, Naprosyn)
- ☐ Coordinate with family member or friend to drive you home from surgery

Night Before Surgery

- ☐ Shower with Hibiclens soap before bed (soap can be found at local pharmacy and grocery stores)
- ☐ Refrain from eating anything after midnight
- ☐ May take sips of water with medication(s)
 - ☐ For Diabetic Patients: Hold insulin night before and morning of, if possible.

Day of Surgery

- ☐ Repeat shower with Hibiclens soap
- ☐ Wear clean/comfortable, loose-fitting clothing
- ☐ Reminder: No eating/drinking day of surgery
- ☐ Arrive Two (2) hours before scheduled surgery time
- ☐ Bring copy of government ID, current insurance card(s), and form of payment
- ☐ Please leave valuables not needed day of surgery at home (i.e., jewelry, cash)
- ☐ Provide surgery staff with your ride's name and best contact number
 - ☐ Please note: requesting Uber/Lyft/Taxi service is not an option due to anesthesia restrictions.

Post-Surgery

- ☐ Expect to be in recovery for at least 30 minutes, up to 2 hours
- ☐ Visit your pharmacy to pick up post-surgery medications prescribed by your surgeon, if needed.
- ☐ Review discharge documents provided by nursing staff

Follow-Up Information

- ☐ Call office to make 1st post operative appointment, if not already scheduled.
 - ☐ Date/Time: _____