



**STAR ORTHOPEDICS**  
AND SPORTS MEDICINE

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# Patient Pre-Surgical Information Package

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# STAR ORTHOPEDICS

## AND SPORTS MEDICINE

### **INTRODUCTION**

Now that you have chosen to have surgery, we would like to give you information to help you prepare for this important event. This manual is designed to be a resource to help guide you through the surgical process. We ask that you review the information before surgery, take the packet with you to the hospital and use it as a resource when you get home. If you need additional information, you may call us at the Star Orthopedics and Sport Medicine.

### **PHYSICIANS AND STAFF**

We use a team approach in the treatment of orthopedic patients at the Star Orthopedics and Sports Medicine. As a result, you will meet a variety of medical personnel, based on your needs during the course of your treatment

#### **SURGEON**

- Performs surgery and directs your care
- Evaluates you during follow-up appointments

#### **PHYSICIAN ASSISTANT**

- Health care professional licensed to practice medicine under physician supervision
- Assists in surgery and clinic
- Evaluates and treats patients in clinic and makes referrals to the physicians as needed.

#### **INTERNIST**

- Identifies potential problems related to your general medical condition
- In most cases will, visit you in the hospital
- Manages the medical aspect of your care while you are in the hospital

#### **ADMINISTRATIVE ASSISTANT OR SURGERY**

##### **SCHEDULER**

- Makes all the arrangements with the hospital for the surgery
- Schedules all pre-operative appointments
- Prepares the information packet for the hospital
- Contacts insurance company for authorization
- Schedules your first post-operative appointment

### **MEDICAL ASSISTANT**

- Takes your medical history in clinic
- Assists the physicians in clinic
- Answers patient phone messages regarding medical questions
- Tends to all FMLA and Disability paperwork
- Handles handicap placards

### **PHYSICAL THERAPIST**

- Instructs and assists you with your exercises and walking program in the hospital
- Provides discharge instruction for your activities of daily living including posture and body mechanics

### **YOUR RESPONSIBILITIES AS A PATIENT**

- Ask questions about anything you do not understand
- Let Star Orthopedics and Sports Medicine staff know about any problems prior to or following surgery
- Do as much for yourself as permitted before and after discharge from the hospital
- Attend your scheduled appointments prior to surgery
- RESPONSIBLE FOR ALL APPOINTMENTS SCHEDULED AND FEES ASSOCIATED WITH MISSING THEM. \$35 No show office appointment fee and a \$1500 No show Surgery fee.
- Follow POST OPERATIVE CARE INSTRUCTIONS given to you by your surgeon at your pre op in our office, NOT HOSPITAL protocols you might receive.
- When in doubt, always ask!

## Pre-Operative Surgical Instructions

1. Notify our office immediately if you should develop a cold, temperature, cough, flu-like symptoms, or any other illness between now and your surgery.
2. Do not eat or drink anything after midnight the night prior to surgery unless otherwise directed to do so.
3. An anesthesiologist may be contacting you the evening before surgery to get more health history from you.
4. You must shower or bath at home the evening before and the morning of surgery.
5. You may brush your teeth and/or gargle the morning of surgery, but DO NOT swallow the water.
6. NO chewing gum, tobacco, breath mints or smoking allowed the morning of surgery.
7. WOMEN: DO NOT wear make-up, jewelry, lotion, cream or perfume the day of surgery.
8. Acrylic fingernails maybe left on, but any **color polish** must be removed prior to surgery. Clear coat is fine.
9. Remove contact lenses, hair pins, wigs etc., prior to surgery. Hearing aids may be worn.
10. Please DO NOT bring money or valuables with you to the hospital or surgery center. The facility is not held responsible for lost or stolen items.
11. If you already have a cane or a walker, please bring with you to the hospital labeled with your name
12. If you are going to be staying overnight or are being admitted to the hospital, bring loose fitting clothing such as: oversized t-shirt, pants that have an elastic waist and Non-skid slippers or soft, low-heeled shoes with closed backs, such as loafers.
13. If you are a day surgery patient (you are going home the same day as surgery) please wear the above clothing to the hospital or surgery center the day of surgery.
14. To prepare for surgery, the nurse will ask you to remove your clothing and put on a hospital gown. In addition, you should remove any contact lenses, dentures, wigs, hairpins, jewelry, and artificial limbs. Please give these items to a family member or visitor to keep.

# MEDICATION ALERT

**ONE WEEK** prior to surgery, discontinue the following anti-inflammatory medications:

**Aspirin**

**Bufferin**

**Nabumetone** (*Relafen*)

**Ibuprofen** (*Advil, Motrin, Vicoprofen, Combunox*)

**Ketoprofen** (*Oruvail, Orudis*)

**Naproxen** (*Naprosyn, Aleeve, Anaprox, Naprelan*)

**Diclofenac** (*Arthrotec, Voltaren, Cataflam*)

**Indomethacin** (*Indocin*)

**Etodolac** (*Lodine*)

**Piroxicam** (*Feldene*)

**Meloxicam** (*Mobic*)

**Oxaprozin** (*Daypro*)

**Humara**

**Celebrex**

**Herbal and Mineral Supplements**

**Extra Vitamin E**

**Fish or Krill Oil**

**7-10 Days** before surgery discontinue any **blood thinners** under the supervision of your cardiologist or prescribing physician. **DO NOT** stop this medication without their approval. If your doctor feels you should not be off this medication, contact the surgery scheduler immediately. These medications may include: *Plavix, Clopidogrel, Warfarin, Coumadin, Aggrenox, Dipyridamole, Ticlid, Aspirin, Meparin* and *Xarelto*

**Blood Pressure Medications:** You may continue taking your blood pressure medication and *Neurontin* or *Lyrica* as prescribed. If you are scheduled to take your medication the morning of surgery you may take it with a **SMALL SIP** of water.

**Insulin Dependent Diabetics:** **DO NOT** take your insulin if your surgery is scheduled for early morning and you are fasting. **DO TAKE HALF** your insulin dose if your surgery is scheduled for the afternoon and you have been instructed to eat a **LIGHT** breakfast.

**AM Surgery- NOTHING** to eat or drink after midnight the night before your surgery. You may take necessary medications with a **SMALL SIP** of water the morning of surgery as described above,

**PM Surgery- NOTHING** to eat or drink after midnight the night before your surgery. You **MAY** drink clear liquids **ONLY** until 8 hours before surgery. If your surgery is scheduled later than **4 or 5 PM** you may eat a small breakfast such as **DRY** toast and clear liquid.

Please do not hesitate to contact the office with any questions regarding medications prior to surgery.

**SMOKING AND TOBACCO USE**

If you smoke, it is important to stop before your surgery. Absolutely **NO** smoking the morning of surgery! Ideally, you will have a better outcome from surgery if you don't smoke 1-2 weeks before and 6 weeks after surgery. Studies have shown that smoking interferes with the bone healing process. Nicotine interferes with the absorption of calcium into the bone. This applies to all tobacco products.

### **LETTERS FOR WORK LEAVE, FMLA, AND DISABILITY**

Should you require a letter of medical necessity for a leave of absence from work for you or your spouse, please submit your request to the front desk at least **two weeks** in advance. All requests, including the completion of insurance forms and disability forms are handled by the Medical Assistants. Please allow a **two-week** turn around to have these forms completed. Each form has a \$25 fee due in advance.

### **NUTRITION**

If you are anticipating surgery soon, begin now to fortify your body with those foods that will help your body heal. You need to follow a balanced meal plan with emphasis on increased protein, calcium, and Vitamin C for your bones and soft tissue to repair and heal properly.

We recommend the following regimen pre-operatively and post-operatively. Choose low fat or fat-free items to avoid adding extra calories.

- Have one serving of protein at each meal. This could be egg, cheese, turkey, chicken, fish, or beef.
- Dairy products are a good source of calcium – have two servings per day.
- Include complex carbohydrates for energy and fiber – whole grain cereals and breads, fresh fruits, and vegetables.
- Decrease sugar intake (it slows the healing process).
- Limit caffeinated drinks (coffee, tea, cola). Caffeine makes you more sensitive to your pain.

To promote healing after surgery, we recommend taking vitamin and mineral supplements. During this time, the surgery patient needs optimum nutrition to overcome the stress placed on the body from surgery. You probably need to supplement with extra calcium, Vitamin D and magnesium (to build bones) and Vitamin C (used in formation of collagen for skin and bones). Generally, to promote healing and avoid weight gain, remember to eat small and frequent meals, low-fat, high fiber foods, and drink two quarts of water a day.

### **PREPARING YOUR HOME**

Before coming to the hospital, you can do some things to prepare for an easier recovery. Such as:

- Place the telephone in a convenient area near the bed or chair
- Prepare food or purchase easy-to-prepare foods before you come to the hospital
- Identify a person who will be able to help you with shopping and other chores
- Move items frequently used in the kitchen and bath to places easily reached
- Place clothing, shoes, and toiletries where they can be reached without bending
- Remove or secure any throw rugs so you won't trip over them
- Think about changes you would need to make if you need to stay on one floor level of your home