

AUSTIN BONE & JOINT CLINIC
1015 E. 32ND ST. # 101
(512)477-6341

PREOPERATIVE INSTRUCTIONS FOR SURGERY

IMPORTANT – PLEASE READ.

➤ **Diet**

You should be fasting the day of surgery, nothing to eat or drink (including water), after midnight, the night before your surgery. If you do not follow the fasting instructions, your surgery will be cancelled.

➤ **Skin Preparation**

Scrub the limb that is to be operated on with Betadine Scrub or Hibiclens the night before surgery or as instructed by your surgeon. These solutions can be bought in a pharmacy. When used on the skin, these antiseptics kill bacteria and thus reduce the chance of infection.

➤ **Prevention of Excessive Bleeding**

Discontinue aspirin and other antiinflammatory drugs, such as Advil, Motrin, Aleve, ibuprofen, naproxen, 4-5 days prior to surgery or as instructed by your surgeon. These drugs thin the blood and therefore will interfere with clotting. Tylenol does not affect bleeding and can be used preop.

➤ **Pain Management**

Taking two extra strength Tylenol (acetaminophen) on the evening prior to surgery can reduce postop pain.

➤ **Preop Health Status**

If you develop a fever, cough or cold, or infection within a few days prior to your surgery, please call the office at 472-9011 or 477-6341 to inform the doctor of your situation.

➤ **Skin Status**

Check the skin in the region of the proposed surgery. Scratches, pimples, insect bites, infections, may cause a cancellation of your surgery. Call the office, 472-9011 or 477-6341 if you have an area on your skin that worries you.

PREOPERATIVE INSTRUCTIONS (CONT)

➤ **Postop Pain Medication**

A prescription for pain pills will be given to you after your surgery.

➤ **Surgery Scheduling Coordinator**

If you have any questions or concerns preoperatively, please contact Jo in our office at 472-9011 or 477-6341.

➤ **Important Telephone Numbers**

Austin Bone and Joint Clinic

Central – 477-6341

Northwest – 795-8812

Jo, Surgery Coordinator, Austin Bone & Joint – 472-9011

St. David's Hospital – 476-7111

Park St. David's Outpatient Surgery Center – 397-4245

Seton Hospital – 324-1000

Brackenridge Hospital – 324-7000

Health South Surgery Center – 346-1994

Bailey Square Surgery Center – 454-6753

Medical Exchange for emergency calls after business hours – 458-1121