



# UNION GENERAL ORTHOPEDICS & SPORTS MEDICINE

AFFILIATE OF: UNION GENERAL HEALTH SYSTEM

## Preparing for your Surgery

Jacob B. Stirton, MD

### DIET

- **No eating or drinking anything after midnight the night before your surgery.**
- The only exception to this is when you take your daily medications the morning of surgery. These can be taken with as small an amount of water as possible.

### MEDICATIONS

- Disclose all medications to our office prior to surgery.
- Our recommendations for which medications to temporarily stop are always secondary to the recommendation of the physician that prescribed them to you. **Always check with your physician after being told to temporarily stop medications prior to surgery.**
- All medications (blood pressure, diabetes, heart conditions) can be taken normally with the following exceptions:
  - All herbal supplements should be stopped 7 days prior to surgery and resumed the day after surgery.
  - Blood thinners (aspirin, Coumadin, Lovenox, Plavix, Xarelto, Eliquis, NSAIDs) should be stopped 7 days prior to surgery and resumed starting the day after surgery.
  - TNF antagonists (etanercept, infliximab, adalimumab) should be stopped 14 days prior to surgery and resumed 14 days after surgery.
  - IL-1 antagonist (anakinra) should be stopped 2 days prior to surgery and resumed 14 days after surgery.
  - Oral steroids will need to be tapered down prior to surgery by your prescribing physician.

### ANESTHESIA

- Your anesthesia team will discuss all options with you the day of surgery.
- If your health history warrants it, we will set up an appointment for you with our anesthesia team prior to your day of surgery to optimize your care.



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## **NIGHT PRIOR TO SURGERY**

- A representative from Union General Hospital will call to confirm your time of surgery and when you should arrive the next day as well as to answer any last-minute questions you may have.
- Relax. Rest assured that you are in great hands here at Union General Hospital. We have a phenomenal team and we're all here to take care of YOU.

## **DAY OF SURGERY**

- Take your allowed medications with as small an amount of water as possible.  
Arrive to Union General Hospital at the predetermined time.
- Wear loose fitting, comfortable clothes. There will be no need to remove underwear for your surgery.
- If you have been told that you will be staying overnight in the hospital after your surgery, then bring a bag with your toiletries, a change of clothes, and any other items you may wish to have with you (e.g. book, phone charger, etc).