

PREOPERATIVE TEACHING - ORTHOPEDIC

Orthopedic patients **should not**:

- ✗ Have any food or drink after midnight. This includes water, candy and chewing gum. Can have clear fluids (i.e. tea, water, apple juice, Gatorade) but no milk or sugar; up to 4 hours before arrival for surgery
- ✗ Smoke day of surgery.
- ✗ Drink alcohol 24 hours before surgery.
- ✗ Take recreational drugs for at least 1 week before surgery.
- ✗ Have dental work done 2 weeks prior to and after surgery due to increased risk of infection.
- ✗ Wear makeup, creams, lotions, perfumes, aftershave, deodorant (shoulder surgery), jewellery (including piercings), nail polish on fingers or toes, gel nails on the operative limb, contact lenses.
- ✗ Wear a tampon into the OR.

Orthopedic patients **should**:

- ✓ Bring Health Care card and photo ID.
- ✓ Shower morning of surgery.
- ✓ Brush teeth, do not swallow water.
- ✓ Take prescription medications as directed the morning of surgery with a sip of water only.
- ✓ Bring medication list from pharmacy or medications in original bottles. INCL tablets, liquids, powders, puffers, ointments, patches.
- ✓ Wear loose fitting clothing (shorts great for leg surgery, baggy tee shirt for shoulders).
- ✓ Bring personal grooming supplies, reading material, IPod, laptop (no internet access), cell phone (on vibrate please).
- ✓ Put a pillow in the car for support during the ride home.
- ✓ Bring crutches, hinged brace (zimmer), sling/immobilizer (if you already have them), cooling system.

Routine day of surgery:

- Register at the Admitting desk on arrival (Emergency if arriving before 7:00am). You will then be directed to Acute Care and into your room if staying overnight, or into Day Surgery.
- Paperwork will be completed including vital signs, height and weight.
- You will go into the bathroom to scrub your limb, change into a hospital gown, housecoat and slippers (supplied by the Hospital). Your limb is marked with a "yes" and an Intravenous line (IV) will be started.
- Anaesthetists will come to your room to discuss options for anaesthetic and walk you to the operating room.
- When you arrive in the OR and before anaesthetic is administered, you can expect the Operating Room Team to go over the details of your surgery with you.
- Procedure time varies from 20 minutes (knee arthroscopy) to approximately 2 hours (more complex surgeries).
- The length of time in recovery is determined by the anaesthetic, usually ½ - 1 hour.
- Once back on the unit, day surgery patients will be kept on the unit from approximately ½ - 4 hours, depending on the anaesthetic. You will have vital signs taken, be offered a snack, given discharge instructions and a prescription for pain before you leave. Expect a follow-up phone call the day after your surgery. If staying overnight, your vital signs, dressings and pain will be monitored. You will receive antibiotics and meals.
- You will see a Physio Therapist (PT) during your stay, usually the day of discharge and anytime after 9:30am. PLEASE NOTE - If you discharge before seeing the MSH PT, you must make an appointment to see a PT within 48 hours after surgery.
- Discharge time is usually between 10:00am and 11:00am so please have your ride arrive before 10:00am.

Visiting Hours are from 11:00am – 8:30pm

Rooms are semi-private; please limit your visitors to two at a time.
Please arrange child care outside of the hospital for small children/babies.
If having Day Surgery please ask your driver to wait in our reception area.

A responsible adult must drive you home and should stay with you for the first 24hrs after you arrive home.