**Patient Preoperative Instructions and Information**

Thank you for choosing to have your surgery with us. The following outline is written for patients who will be undergoing surgery. If you have suggestions as to how we can improve this handout please let us know!

Dr. de Asla works with a team of dedicated clinical staff and assistants to ensure safe, high quality, expert care throughout the surgery process. Information regarding your pre-operative instructions and care can be found below. Please contact the office at 239-624-0310 with any additional questions regarding your surgery and recovery that are not answered in this handout.

WHEN WILL I FIND OUT MY SURGERY TIME?

* The hospital or our staff will call you approximately 3 to 5 business day prior to your surgery to confirm a surgery time. Hospital information can be found below:

NCH North Naples Hospital

11190 Health Park Blvd

Naples, FL 34110

(239) 552-7000

WHAT DO I NEED TO DO PRIOR TO MY SURGERY?

* Confirm that you have a post-operative appointment for approximately 6 to 8 days after the day of surgery and a second post-operative appointment for approximately 13 to 15 days following surgery.
* If you have been given crutches, a walking boot, or other Durable Medical Equipment from our office prior to your surgery date please bring it with you on your day of surgery.
* We strongly encourage you to consider purchasing a shower bag. One of our medical assistants can will provide you with a handout with information as to how to obtain one.
* Try to fill out all postoperative pain prescriptions prior to surgery.
* Plan for a family member or friend to drive you to and from the surgery center on your day of surgery. By law, patient are not allowed to drive themselves home after surgery.
* Let us know if you have a history of adverse side effects with pain medications previously. We can usually prescribe an alternative.
* Let us know if you have a history of nausea after surgery or with pain medications. We can prescribe a medication ahead of time to reduce the chance of postoperative nausea.
* If you have a history of prior blood clots be sure that we are aware of this. This may change the medications we put you on after your surgery.
* If you are on anticoagulation medication (i.e. blood thinners) be sure we are aware of this.
* Please inform Dr. de Asla if you have any travel plans after your surgery.
* For patients who will be immobilized after surgery (typically in a splint) please purchase a bottle of adult aspirin (325 mg tablets). Most immobilized patients are place on aspirin twice a day for two weeks after surgery unless otherwise instructed. In general, patient who are permitted to walk immediately following surgery are not placed on aspirin.

WHAT DO I NEED TO KNOW PRIOR TO MY SURGERY?

* Most surgical wound sutures will be removed approximately 2 weeks after surgery.
* If applicable, you will be provided with crutches and/or a post-operative shoe in the hospital.
* Dr. de Asla will discuss your weight-bearing status in the office prior to surgery. You will be assigned to one of the following weight bearing categories:
  + NON-WEIGHT BEARING: Place no weight on your affected leg. **Do not** touch the floor with your affected leg. While you stand or walk, you must hold your affected leg off the floor
  + TOUCH DOWN WEIGHT BEARING: When you stand or walk, you may touch the floor only for balance. Do not walk on your affected leg. The foot may rest on the floor when sitting.
  + PARTIAL WEIGHT BEARING: When you stand or walk, you may place a predetermined amount of your body weight on the affected leg. This requires the use of at least one crutch and the amount of weight you may apply will be discussed with Dr. de Asla.
  + WEIGHT BEARING AS TOLERATED: When you stand or walk, place only as much weight as feels comfortable on your affected leg. Let pain be your guide. If you feel pain, place less weight on the affected leg. A single crutch may be used on the affected side if needed.
  + FULL WEIGHT BEARING: You may place your full body weight on your affected leg when you stand or walk.

WHAT MEDICATIONS SHOULD I STOP PRIOR TO SURGERY?

* 7 days prior to surgery you should stop taking anti-inflammatory medications such as Motrin, ibuprofen, naproxen, Aleve, Advil, Voltaren, diclofenac and aspirin.
* Please consult your primary care physician regarding prescribed medications.
* Please contact the office at (239) 624-0310 if you have further questions regarding medications.

WHAT DO I NEED TO DO ON THE DAY OF SURGERY?

* **DO NOT** eat or drink anything after midnight the night before the surgery. The anesthesiologists are very strict about this rule and will cancel your surgery. Necessary medications can be taken with sips of water.
* Plan for someone to drive you to and from the surgery center.
* Bring your photo ID, Insurance card, durable medical equipment if applicable (such as crutches, CAM walker boot, knee scooter, etc…) , and imaging studies (if applicable) with you to the surgery.
* In general, please plan on showing up to the hospital an hour and a half prior to your scheduled surgery time.
* Please be on time.