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Pre-surgical Checklist

Month before surgery:

- Cardiac clearance (if applicable)
- Primary care physician clearance (if applicable)
- Additional specialist clearance (if applicable)

Ex. Endocrinologist, Neurologist, Pulmonologist, etc.

2-4 weeks prior to surgery:

- Pre-assessment appointment (PAT)- can be up to 30 days before surgery. Try to schedule PAT appointment as soon as you know your surgery date in order to reduce the risk of canceling surgery due to abnormal labs/EKG or additional clearances required.

1-2 weeks prior to surgery:

- STOP** anti-inflammatories (NSAIDs) like Ibuprofen, Aleve, Motrin 2 weeks before surgery.
- STOP** anticoagulants (blood thinners) as instructed by prescribing physician. Do not stop anticoagulant without your physician's approval.
 - Examples of anticoagulants- Xarelto, Plavix, Eliquis, Warfarin/Coumadin, aspirin. If you take aspirin 81 mg (baby aspirin), that also needs to be stopped as instructed by prescribing physician prior to surgery.

5 days before surgery:

- Begin Arthroprep antibiotic wash for open shoulder surgery. (This is not covered by insurance, but is relatively inexpensive at \$75 and is recommended)

Night before surgery:

- Use chlorhexidine wash provided at PAT.
- Do NOT eat or drink anything after midnight.

Day of surgery:

- If you are told to continue to take certain medications by PAT, then do so with a sip of water
- Brace/sling/crutches- if provided prior to surgery, please bring day of surgery.

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- Wear loose comfortable clothes. For shoulder or elbow surgery, we suggest wearing button up shirt.