



**Sean Baran, MD**  
Office: 303-321-1333  
Toll-Free: 888-900-1333  
[www.western-ortho.com](http://www.western-ortho.com)

## Surgery at Midtown Surgical Center Pre-Op Guide

PLEASE READ THIS INFORMATION CAREFULLY BEFORE SURGERY

**Surgery Date/Time:** \_\_\_\_\_ **Check-in Time:** \_\_\_\_\_  
Please be aware that your scheduled time is subject to change! You should be available for the entire day.

**Location:** Midtown Surgical Center – 1919 E 18<sup>th</sup> Ave, Denver, CO 80206

- Parking is available in the attached lot. Enter the main entrance and check in at the reception desk.

### When to stop eating and drinking:

- These instructions are the most up-to-date recommendations to ensure your safety and facilitate the most successful postoperative recovery. Failure to follow these instruction may result in your surgery being cancelled. Please disregard eating/drinking instructions that may be found elsewhere in your preoperative paperwork!
- Drink plenty of water the day and evening before your surgery.
- **No food, gum, candy, lozenges, alcohol or tobacco (cigarettes, chewing, e-cig) 8 hours prior to check-in time.**
- If you use marijuana, please do not use for 3 days prior to surgery.
- Please drink 16 ounces of **clear filtered apple juice** or **Ensure® Pre-Operative Drink 2 hours prior to check-in time.** If you are diabetic, do NOT drink apple juice or Ensure – drink 16 ounces of water only.



**Pre-Surgery Drink!**  
This is not regular  
Ensure!

**OR**



**Clear, Filtered TreeTop or Motts.**  
NO organic, store brand or diet!  
NO floating pieces of apple!

### Medications:

- Do NOT take your diabetes medications or insulin the morning of surgery unless instructed otherwise by your healthcare provider.
- STOP taking IBUPROFEN, NAPROXEN, ALEVE (or any other NSAID) 7 days before surgery.
- STOP taking ASPIRIN 7 days before surgery unless your cardiologist or primary care provider instructs you otherwise.
- STOP taking PHENTERMINE 7 days before surgery.
- STOP taking FISH OIL 2 weeks prior to surgery. It is ideal to avoid all herbal supplements at least 2 weeks prior to surgery as they can cause excessive bleeding and have potentially harmful interactions with anesthesia medications.
- Do NOT take LISINAPRIL the day of surgery unless instructed otherwise by your healthcare provider.
- Take medications for thyroid, seizures, asthma, or pain with small sips of water the morning of surgery.
- Please continue your beta-blockers (Toprol, metoprolol, carvedilol, atenolol, etc.) as prescribed.

**Responsible Adult:**

- For surgeries in which you will be going home the same day, please arrange for a responsible adult to take you home and stay with you for 24 hours after surgery. It is important to have someone available to monitor you after your surgery for your safety. Taxi, Uber, Lyft, etc. are **NOT** acceptable to take alone. Failure to make these arrangements may result in your surgery being cancelled.

**Other Instructions:**

- Do NOT wear or bring jewelry. All piercings should be removed.
- Do NOT wear make-up, body lotions, deodorant, aftershave or perfume.
- Do NOT shave your own surgery site (an open wound, rashes, abrasions, nicks and/or cuts on the skin make cause your surgery to be cancelled).
- Please remove nail polish, gel, and/or acrylic nails from fingers and toes (this is important to assess circulation during and after your procedure).
- It is okay to bring phones, laptop computers, iPads and Kindles.

**Please Bring:**

- Insurance card, photo ID, co-payment (if applicable).
- Credit card or cash for prescriptions
- If you have an Advanced Directive (living will, medical power of attorney, Five Wishes, or CPR directive), please bring a copy with you.
- An updated list of your current medications (name, dosage, time last taken – including herbal supplements and vitamins).
- If you have a pacemaker, AICD or neurostimulator, please bring the device card.
- Please bring CPAP or portable oxygen if you use them at home.
- Be sure to bring a case for glasses, contact lenses, hearing aids, and dentures.
- Wear comfortable, loose-fitting clothing.
- If you have previously been provided a brace, sling, crutches, and/or cold therapy unit from Dr. Baran's office, please be sure to bring them.

**Notify Dr. Baran:**

- If you develop flu/cold symptoms, cough, or fever.
- If you have any cuts, infections, rashes, animal bites or scratches at or near your surgical site.
- If you have urinary tract infection symptoms (burning with urination, urgency, etc).
- If you have a pacemaker, AICD or neurostimulator
- To review all allergies to medications, latex, metals, or cement.

**Discharge from the surgery center:**

Before you are released to home, you will have to meet criteria set by the center and Dr. Baran. These include and are not limited to: tolerating oral fluids, minimal to no bleeding at your incision site, adequate pain and nausea control, stable vital signs. You must be able to express understanding of the discharge instructions that Dr. Baran provides. You will be provided with both verbal and written instructions prior to discharge; it is important to read these carefully and refer to the frequently as questions arise about your care once your return home.

**Important Phone Numbers:**

- Western Orthopaedics/Dr. Baran and Lucy: **303-321-1333**
- Midtown Surgery Center: **303-322-3993**