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Pre-Operative Instructions for Dr. Logel's patients:

Surgery can be a stressful event in one's life and it's easy to get overwhelmed with all of the information being given to you. Planning ahead can make the day of the procedure go smoothly so you can focus on your recovery as soon as possible. Here are a few tips to help you with your pre-operative planning.

- Bring a complete and up to date list of all of your medications to the pre-operative appointment. This way we will know which medications you should not take before your surgery.
- Write down your list of questions before you come in for your pre-operative visit so you don't forget to ask. You will remember the answers better that way.
- After your pre-operative visit, make sure you have filled your pain medication prescription and any other prescription given to you by your doctor BEFORE the day of surgery to make sure you have it ready and waiting at home.
- When possible, prepare your home so that you have a clear path from where you will be sleeping to get to the bathroom and to somewhere you can sit up to eat. It helps if you can live on a single level for a few days and avoid stairs until you get used to your new limitations.
- Most likely, you will need to stay off of the operative limb for at least the first few weeks. It would be helpful if you familiarized yourself with crutches, a walker, or knee scooter in the week or so before your surgery so they are not new to you when you actually have to use them.
- You will need to ice your surgical site regularly in the first few days after surgery so stock up on reusable freezer packs, bags of frozen vegetables, or purchase a Polar Care unit from our DME store during your pre-operative visit.
- Wash the operative site thoroughly the night before with warm soap and water (or use Hibiclens soap if you have it) to reduce the chance of surgical site infection.
- Make sure you eat well the night before but DO NOT eat anything after midnight on the day of your surgery. This means no coffee or juice in the morning before surgery either! Sorry.
- On the day of surgery, wear loose fitting, comfortable clothes that will be easy to remove and that have a wide enough leg opening to fit a cast or splint through
- If you are taking any blood thinning medication, you should have a plan for when to stop taking this medication and when it is safe to resume taking it after surgery. Review this with your doctor at the pre-operative visit.