

James R. Dettling, MD
Pre-Operative Instructions

1. For a period of 3 days **prior** to surgery, wash the operative extremity with antibacterial soap. **Do not shave** the extremity on the day of surgery. Any shaving that is required will be performed in the pre-operative holding area.
2. **Do not have anything to eat or drink after midnight the night before surgery.** Failure to do so will result in your procedure being cancelled.
3. Please contact the hospital/surgery center the day before your procedure to confirm the exact time of your surgery and the time that the facility requires you to arrive. Occasionally, scheduled procedure times will change because of emergencies or cancellations.
4. You should arrive at the surgery center/hospital **90 minutes prior** to the scheduled surgery time.
5. Prescriptions will be provided to you the day of your pre-op appointment or electronically sent to your pharmacy. Please pick up your prescription at least three days prior to your procedure. If any issues arise in receiving your medication, please contact our office immediately.
6. Routine tests such as labs and/or EKG will be required prior to your surgical procedure. Please register at the hospital/surgery center at least three days prior to your procedure to have these tests performed. **Failure to do so may result in your procedure being cancelled.**
7. Be sure to wear loose fitting clothing to the facility on the day of your procedure.
8. Do not take any aspirin or any other anti-inflammatories 48 hours prior to your procedure.
9. Do not have any alcoholic beverages 48 hours prior to your procedure.
10. If you should develop a cold, sniffles, a cough, pimples or pustules over the operative extremity in the week before surgery, notify our office immediately so that appropriate treatment can be prescribed so as not to delay your surgery.
11. **Make arrangements for transportation to and from the facility on the day of your procedure.** You must have a responsible individual available to drive you home and stay with you for 24 hours following your surgical procedure. If a responsible party/individual is not identified and confirmed to be available, **your surgical procedure will be cancelled.**
12. Please do not make any important decisions for a period of 24 hours following your surgery/anesthesia.
13. Do not apply any lotions or moisturizers to your body the morning of your surgery.
14. If you do not understand any portion of your pre-operative instructions, have any questions, concerns or require clarification of anything associated with your scheduled procedure, please contact Dr. Dettling or his staff for assistance.
15. Other _____

Signature of Patient or Legal Guardian

Date

Witness