Baylor Scott & White
ORTHOPEDIC ASSOCIATES OF DALLAS
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Pre-Operative Instructions

PREPARING FOR YOUR SURGERY WITH DR. MANOJ REDDY

Patient _____ **Surgery date** _____

Location _____ **Arrival time** _____

The surgery facility will call you 1–2 business days before surgery to confirm your arrival time and eating/drinking instructions. If you have not heard from them by the afternoon before, please call our office.

THE MOST IMPORTANT THINGS TO REMEMBER

- **Nothing to eat after midnight** the night before surgery unless the facility gives you different instructions.
- **Arrange a ride home** with a responsible adult (21 or older). You cannot drive or leave alone in a taxi or rideshare.
- **Hibiclens showers** for 3 days before surgery and the morning of surgery (instructions on the last page).
- **Call us right away** if you get sick, start antibiotics, or have any cut, rash, or bite near the surgical site.

MEDICATIONS

Continue your usual prescribed medications before surgery unless told otherwise. Bring an up-to-date list of all your medications and doses.

Stop 2 weeks before	Anti-inflammatories: ibuprofen (Advil, Motrin), naproxen (Aleve), meloxicam (Mobic), and over-the-counter aspirin. Supplements: fish oil, vitamin E, and herbal supplements (including turmeric, ginkgo, garlic, and ginseng). **Exception:** if a doctor prescribed aspirin for your heart, a stent, or a stroke, **do not stop it** without talking to that doctor.
Blood thinners	Eliquis, Xarelto, Coumadin (warfarin), Plavix, Brilinta, and others: ask the prescribing doctor **when to stop and when to restart**. Blood tests may be needed before and after surgery.
Weight-loss / diabetes injections	Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, and similar medications slow stomach emptying and can make anesthesia less safe. **Tell our office and the facility** — you may need to hold a dose or follow a clear-liquid diet the day before surgery.
Diabetes medications	Ask your prescribing doctor or the facility about the morning-of-surgery dose of insulin or pills. Jardiance, Farxiga, Invokana, and similar medications are usually **stopped 3 days before surgery** — confirm with your prescriber. Bring a snack for after surgery.
Hormones	Birth control pills, patches, rings (NuvaRing), and hormone replacement increase the risk of blood clots. Discuss with your prescribing doctor whether to stop them 3–4 weeks before surgery and for 3–4 weeks after. Use a non-hormonal birth control method during this time.
Morning of surgery	Take only the medications you were told to take, with a small sip of water.

BEFORE SURGERY

- **Eating and drinking:** nothing to eat after midnight the night before surgery — including gum, candy, and mints — unless the facility gives you different instructions. Having food in your stomach during anesthesia is dangerous, and surgery will be cancelled if you have eaten.
- **Smoking and nicotine:** stop all tobacco and nicotine — cigarettes, cigars, vapes, chewing tobacco, and nicotine patches, gum, and lozenges. Nicotine narrows blood vessels and increases the risk of wound problems, infection, and bones or tendons not healing. Stopping at least 4 weeks before surgery is best.

- **Alcohol and marijuana:** none for 24 hours before surgery. Both change how your body responds to anesthesia. Tell the anesthesia team if you use marijuana regularly.
- **Skin:** do not shave the surgical area for 3 days before surgery. No manicures or pedicures for 2 weeks before surgery, and remove all nail polish (including gel, dip powder, and Shellac) from your fingers and toes.
- **Day of surgery:** no contact lenses (bring glasses), makeup, lotion, hairpins, or clips. Remove all jewelry, including wedding rings and piercings. Leave valuables at home.
- **Clothing:** wear loose, comfortable clothes. For shoulder or elbow surgery, wear a large button-up or zip-up shirt. For knee or leg surgery, wear loose shorts or wide-leg pants that will fit over a bulky dressing or brace.

WHAT TO BRING

- ☐ Photo ID and insurance card
- ☐ Your medication list
- ☐ Glasses (not contacts)
- ☐ Your CPAP machine, if you use one
- ☐ Brace, sling, or crutches if given to you before surgery
- ☐ Your post-op medications, if already picked up
- ☐ A snack for after surgery (if diabetic)
- ☐ Name and phone number of your driver

MEDICAL EQUIPMENT

- Some surgeries require a brace, sling, cooling unit, or crutches. If so, our office will help arrange them and get insurance approval before surgery so Dr. Reddy can apply them in the operating room to protect your repair.
- If equipment is delivered to your home, bring it with you on the day of surgery.

REASONS SURGERY MAY BE POSTPONED — CALL US RIGHT AWAY

- Fever, cold, flu, COVID, persistent cough, or any illness.
- Another doctor recently prescribed you antibiotics.
- Any rash, cut, scrape, burn, insect bite, or break in the skin near the surgical area, however small.
- A significant change in the condition you are having surgery for.
- If our office is closed, call **469.800.7200** and leave a message with the answering service; it will be relayed to the surgical team.

YOUR PRE-SURGERY TIMELINE

2 weeks before	Stop anti-inflammatories, over-the-counter aspirin, and supplements (see Medications). No manicures or pedicures. Do not start any new supplements.
1 week before	Confirm your ride. Confirm with your doctors about blood thinners, diabetes medications, and weight-loss injections.
3 days before	Begin daily Hibiclens showers. Stop shaving the surgical area. Stop Jardiance/Farxiga-type medications if instructed.
Day before	Hibiclens shower. No alcohol or marijuana. No lotion, powder, or deodorant on the body after your shower. Pick up post-op prescriptions if sent. Nothing to eat after midnight.
Morning of surgery	Final Hibiclens shower. Take only approved medications with a sip of water. No lotion, makeup, or jewelry. Wear loose clothing.

AFTER SURGERY

- **Ride home:** a responsible adult (21 or older) must drive you home. The facility will not discharge you to a taxi or rideshare without a companion. Plan to have someone stay with you the first night.
- **Prescriptions:** your post-op medications are usually sent electronically to your pharmacy the day before surgery. Pick them up before surgery if you can, but **do not start taking them until after surgery**.
- **Narcotics and muscle relaxants** (oxycodone, Percocet, Norco, Dilaudid, methocarbamol, cyclobenzaprine, Valium): do not drive, drink alcohol, or make important decisions while taking them.

- **Driving:** no driving while taking narcotics or while wearing a sling, splint, or brace that prevents safe control of the car. After right leg surgery, driving is usually not allowed until you can bear full weight and brake quickly. Your post-op instructions list the expected timeline for your procedure.
- **Air travel:** avoid flying for at least 72 hours after surgery because of the risk of blood clots. If you must fly sooner, or have a long trip planned in the first 6 weeks, let us know well before surgery.
- **Questions:** call 469.800.7200, Monday–Friday, 9:00 am–5:00 pm.

Infection Prevention

HIBICLENS (CHG 4%) SKIN PREPARATION

WHY THIS MATTERS

- Everyone has germs on their skin. Chlorhexidine gluconate (CHG) 4% soap, sold as **Hibiclens** and other brands, lowers the number of germs on your skin and reduces your risk of infection after surgery.
- It is usually given to you at your pre-op visit. If not, it is available for under $10 at most pharmacies and stores (CVS, Walgreens, Walmart, Target, Kroger, Tom Thumb), usually near the first-aid supplies.
- If you are allergic to CHG or cannot find it, use an antibacterial soap such as Dial Gold instead.
- **Stop using it and call us** if you develop burning, itching, redness, blistering, peeling, swelling, or a rash.

HOW TO SHOWER — ONCE A DAY FOR 3 DAYS BEFORE SURGERY AND THE MORNING OF SURGERY

If you are in a splint or cast, keep it covered and dry.

1. Wash your hair, face, and body with your normal shampoo, conditioner, and soap. Rinse completely.
2. Turn off the shower or step out of the bath water.
3. Pour a quarter-sized amount of CHG soap onto a **clean, wet washcloth** and apply it to your entire body **from the neck down**. Do NOT use it on your face, hair, or genital area.
4. Scrub gently for **3 minutes**, paying extra attention to the surgical area. Use more soap as needed.
5. Turn the shower back on and rinse the soap off completely.
6. Dry off with a **clean towel** and put on clean clothes. Use clean sheets on your bed the night before surgery.

SKIN CARE

During the 3 days before surgery

- You may use body lotion after your shower.
- Do not shave or remove body hair below the neck. Facial shaving is fine.

Starting the day before surgery

- **No** lotion, powder, oils, deodorant, makeup, perfume, or cologne on your body after your shower.
- Facial moisturizer and lip balm are OK the morning of surgery.

Questions about your surgery or these instructions? Call Orthopedic Associates of Dallas at **469.800.7200**.