



**piedmont
orthopaedic
associates**

**W. Clark Jernigan, M.D.
35 International Drive
Greenville, SC 29615
(864) 234-7654**

General Pre-Op Instructions

The hospital will instruct you what time to arrive the morning of surgery.

Please have nothing to eat or drink after midnight the night before surgery unless instructed otherwise by the anesthesiologist.

Pre-Assessment Appointment

***NOTE: Your Pre-Assessment appointment may take up to 2 hours to complete.**

A nurse will review your medical history. Based on this information, labs and EKG may be necessary during pre-assessment. He or she will also give you written instructions on how to prepare for your surgery and review which medications you should or should not take prior to surgery. The nurse will also instruct you on the location of your surgery, including our arrival time policy.

You may eat prior to your Pre-Assessment appointment. If you are a diabetic, please ensure that your blood sugar is well controlled prior to your appointment and your scheduled surgery.

Your pre-assessment appointment is a **scheduled** appointment. Please arrive 15 minutes prior to your appointment. If you are more than 30 minutes late for your appointment you may have to reschedule your appointment. This could potentially delay your surgery.

Please bring the following with you to your Pre-Assessment Appointment:

1. ID card or Driver's License
2. Insurance Card
3. Any medications you are currently taking in their original containers
4. Healthcare Power of Attorney, Advance Directive, or Living Will



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Why do I need cardiology clearance?

It is imperative that your operative team has good information about the health of your heart. Knowledge about heart disease is evolving rapidly. The anesthesia team that will be responsible for your surgical anesthetic wants to know about your heart and if you have ever been under the care of a cardiologist. They will want your cardiologist's opinion about your upcoming elective surgery.

We expect you to assume responsibility of obtaining an adequate cardiology clearance. Cardiologists are very accustomed to the request for a cardiac clearance for elective surgery. They will not find the request unusual. It is common that a heart problem may be managed by both primary care physicians and cardiologists. In such a case, the anesthesia team would like the opinion of the cardiologist before planning surgery.

Scheduling a cardiology clearance visit is up to you and your cardiologist. Please notify Danielle when your cardiology clearance has been obtained. Most cardiologists are in the habit of faxing a form indicating that the patient has been cleared from a cardiac standpoint. Danielle and I would greatly appreciate if you fax that to our office, (864) 675-1657.

We can begin the scheduling process for your surgery when we note that you have been cleared from a cardiology standpoint.

What about constipation?

It is very common to have problems with constipation after surgery. This is related to the pain medication you are taking, the stress of surgery, and altered sleep cycles. In order to prevent this from becoming a problem, please begin a regimen of Citrucel (Sugar-free, orange flavored) 2 days prior to surgery. Mix per the package instructions and drink 3 times a day. Continue this after surgery until bowel movements are normal.



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Cleansing

Please read and carefully follow these instructions to prepare for your surgery:

The night before your surgery: Shower with an antibacterial soap. A shower is better than a bath for skin cleaning. Wear freshly laundered sleepwear and sleep on freshly laundered sheets. Use freshly laundered washcloths and towels for each shower before and after your surgery to prevent infection.

The morning of surgery:

Wet skin and wash body from the neck down. Leave Hibiclens on the skin for at least 20 seconds before rinsing. Dry gently with a freshly laundered towel.

Hibiclens may be used in the folds of skin of the legs (groin) and on your buttocks and hips. Be sure to gently wash the area where you will be having surgery with Hibiclens.

Do not use Hibiclens above the neck or in the genital area (your bottom) or put inside any area of your body.

Ask someone for help as needed to reach all areas of your body for a thorough shower.

Don't forget to clean your belly button!

After your shower, do not use any powder, deodorant, perfumes or lotions prior to surgery.

Do -Wear freshly laundered sleepwear to bed the before surgery and change into freshly laundered clothing each day until your surgery wound is completely healed. -Sleep on freshly laundered sheets before and after surgery and use freshly laundered bath linens each day.

Don't- Share bath linens with others . -Touch your surgical wound. -Allow pets to sleep with your or touch your surgical wound.

Remember! Protect your surgical wound from germs: **Wash your hands** and keep bandage clean and dry.