

Surgery Date: _____

Obtain COVID test on or after: _____ (Must be within 7 days or patient will need to obtain a new test. Please obtain COVID test no later than 48 hours before surgery date.)

COVID order faxed to: _____ Date: _____

IF YOU ARE FULLY VACCINATED: Provide office with proof of vaccination and a COVID test will not be required.

Preparing for Surgery

Simple Admit

- Please complete your pre-operative online health survey **as soon as possible**.
- It is very important you complete the health survey accurately and thoroughly.
- After completing the health survey, a nurse will call you to discuss any questions they may have and clarify day of surgery instructions.
- If you do not complete the pre-operative online health survey your surgery may be rescheduled.
- Please use this website and password to access the assessment.
 - Website: <https://oamichigan.simpleadmit.com> *Will not work if you add www.
 - Password: OAM616NEW
- Please call 877-848-4726 if you are having any difficulty completing the online health survey.

Preparing for Surgery

- **Local Anesthetic Surgery**
 - Patients receiving **only** local anesthetic for their procedure may continue their diet and medications as they normally would
 - A responsible adult is not required for transportation for **only** local anesthetic surgery
- **Diet and Exercise:**
 - Eat a healthy diet and begin exercising (with your doctor's approval) to help promote healing after surgery
 - Hydrate as much as possible the day before surgery to help prevent nausea afterwards.
- **Medication Instructions:**
 - Stop NSAIDs 7 days prior to surgery
 - Ibuprofen or Motrin
 - Aleve or Naproxen
 - Meloxicam
 - Voltaren
 - Aspirin your doctor did NOT prescribe
 - If aspirin was prescribed by your doctor, please contact them for instructions.

- Stop all vitamins and supplements 7 days prior to surgery, unless you have a medical reason not to do so. In this case, please contact your primary care physician for guidance.
- Ask the prescribing physician for instructions for taking the following medications around the date of your surgery:
 - Blood thinners, including aspirin your doctor has prescribed
 - Humira, leflunomide, or other similar medications
 - Insulin
- Opioid agonists-antagonists, such as Butrans, Suboxone, Contrave, etc. These need to be stopped 5 days prior to surgery at the Surgery Center.
- **Pre-Operative Testing:**
 - If your surgeon has requested you have any pre-operative testing done (i.e. EKG, labs, etc.), please get this completed as soon as possible. For your safety, your surgery will be postponed if the results are not available before the date of your surgery.
- **Accompanying Adult:**
 - Someone over the age of 18 must accompany you to the Surgery Center and will be required to stay in the building the entire time you are here. You may only have one accompanying adult with you at the Surgery Center. You will also need someone to stay with you for at least 24 hours after surgery
 - Exception: patients receiving only local anesthesia
 - Patients having total joint or spine surgery (not including spine stimulators) need someone to stay with them for at least 72 hours after surgery.
 - Patients under the age of 18 must be accompanied by a parent or legal guardian.
 - Patients over the age of 18 with a legal guardian must provide a copy of their guardianship papers to OAM or the Surgery Center prior to the date of surgery. If the legal guardian cannot be present on the day of surgery they must make arrangements to come to the Surgery Center at least 2 days prior to sign the paperwork.
 - You must have a ride home. Your ride must be present at the time of admission and throughout your surgical stay.
- **Infection Prevention**
 - Quit smoking as soon as surgery is scheduled
 - Call your surgeon's office within one week of your surgery if you get sick or develop an infection or skin problems (cuts, scrapes, blisters, etc.) in the area you will be having surgery on.
 - For your safety, let your surgeon's office know if you have had a MRSA infection within the last year.
 - Do not shave the extremity you will be having surgery on for 3 days prior to surgery.
 - The night before surgery, shower using a clean washcloth and clean towel. Use clean pajamas and clean sheets that night.
 - Shower again the day of surgery with a clean washcloth and clean towel, prior to your arrival.
- **Physical Therapy/Gait Training**

- If you are having surgery on one of your lower extremities and your surgeon has told you that you will not be able to walk or put weight on it, please do the following prior to the day of your surgery:
 - Schedule gait training at one of our Physical Therapy sites. You may also schedule your post-op therapy appointments and ask for exercises at these extensions.
 - 1111 Leffingwell NE, Suite 100: (616) 459-7101
 - 555 MidTowne St NE, Suite 205: (616) 459-7101
 - Call your surgeon's office to have an order for any assistive devices you will need, such as crutches, a walker, or a knee scooter, sent to the Durable Medical Equipment company of your choice.
 - Practice using your assistive devices. Learn how to use them to navigate the steps into your home.
 - To help prevent falls, clear the floor of any rugs and/or cords that could trip you and consider purchasing a non-slip shower mat or grab bars for your shower.
- You will not receive physical therapy instructions from the Surgery Center. These will come from your surgeon's office if needed.
 - Call your surgeon's office or the Physical Therapy department with any questions.
- **Arrival Time**
 - You will be given an arrival time the afternoon of the business day prior to the day you're having surgery. Due to many different factors, the schedule cannot be finalized until then.

Day of Surgery

- **Arrival Time**
 - Based on the type of surgery you will be having and your surgeon's preferences, you will be asked to come in to the Surgery Center 1-2 hours prior to the time of your surgery for registration and surgery preparation.
- **Food and Drink, Smoking:**
 - Nothing to eat or drink after midnight (including gum, mints, etc.)
 - You may take the medications you were instructed to take with a small sip of water first thing in the morning.
 - You may brush your teeth
 - Do not smoke (or chew tobacco) after midnight.
- **Park on Level B of the parking ramp.** This will be the first covered level.
- **Bring your insurance card and driver's license, and payment** (if you've been informed you need to provide payment on the date of service).
- **Infection Prevention:**
 - Shower the morning of surgery
- **Clothing:**

- Wear loose, comfortable clothes when you come in. Stretchy pants or shorts are great choices. Jeans or tight leggings will be difficult to get on after surgery.
 - Bring glasses and hearing aids if you need them. If you wear contact lenses, you will be asked to take them out for surgery; please bring a case.
 - If you are having surgery on an upper extremity, a short sleeve shirt that is loose and buttons or zips up is easiest. All jewelry on your surgical extremity MUST be removed prior to arrival at the Surgery Center for your safety.
 - Leave valuables and jewelry at home.
- **Durable Medical Equipment (slings, boots, shoes, etc.):**
 - Bring your sling/boot/post-op shoe, etc. if your surgeon asked you to purchase one ahead of time.
 - Crutches, knee scooters, walkers, etc. are NOT available at the Surgery Center. Please purchase or rent these prior to your date of surgery if you need them.
 - Do not bring crutches or walkers into the Surgery Center unless you need them to get in; we ask that you keep them in your car so that you will be able to get back into your house once you get home.
- **Timeline:**
 - Be prepared to spend anywhere from several hours to most of the day at the Surgery Center.
 - Delays may occur because we ensure every patient gets the care that they need and at times that takes longer than anticipated. We appreciate your patience in advance and will update you when this occurs.
- **Pain Management:**
 - Our nurses and physicians will help you manage your pain, but will not be able to prevent all of it. Be prepared to experience *some* pain on the day of surgery.
- **Meeting With Your Surgeon:**
 - You will meet with your surgeon prior to surgery. Your surgeon will meet with your accompanying adult after surgery, but you (the patient) will not see him again until your post-op follow-up visit.
- **Meeting With Your Anesthesiologist**
 - You will meet with your anesthesia team prior to your surgery.
 - You will be able to discuss your individual plan for anesthesia and pain management with them at that time.

After Discharge

- **Surgical Center:**
 - One of the benefits of having surgery at an ambulatory surgery center is that you are able to recover from surgery at home, where you are most comfortable.
 - We never want you to feel rushed, but once you are medically ready for discharge and your symptoms are well managed, our team will encourage you head home and get comfortable.

- **Side Effects of Pain Medications**
 - Opioid pain medications are constipating. Plan on taking a stool softener with them to avoid this side effect, and hold the stool softener temporarily as needed.
- **Complications**
 - Let your surgeon's office know if you experience any complications, are seen in the ER for any reason, fall after surgery, etc.
- **Symptom Management**
 - Normal symptoms include:
 - Pain controlled with medications
 - Increased swelling with activity
 - Stiffness without activity
 - Contact your OAM provider at (616) 459-7101 if you experience:
 - Drainage from your incision
 - Redness or heat around your incision
 - A temperature greater than 100.5 degrees
 - Uncontrolled swelling
 - Calf pain
 - Pain to the surgical extremity that is not controlled with pain medications
 - A fall or injury to your surgical extremity
 - New or unexplained bruising
 - Go to the Emergency Room if you experience:
 - Chest pain
 - Shortness of breath at rest
 - Extreme confusion
- **Infection Prevention**
 - Follow all of your surgeon's instructions.
 - Keep your dressing/bandages on for as long as your surgeon recommends.
 - If they become wet or soiled, call your surgeon's office and follow their recommendations.
 - If your surgeon asked you to wear a boot, post-op shoe, sling, etc. wear it for as long as recommended, and make sure to keep it clean.
 - Follow your surgeon's instructions for putting weight on your surgical arm or leg, as well as weight restrictions for lifting, etc.
 - Do not swim or soak in a tub until your surgeon tells you it is ok to do so. Covering the surgical site will not be sufficient for submersion, even if it does work for showers.
 - Do not smoke
 - Wash your hands frequently, especially before and after dressing changes
 - Do not allow pets near your incision(s)
- **Blood Clot (DVT) Prevention**
 - Follow your surgeon's instructions for DVT prevention, if applicable. Some patients are prescribed aspirin after surgery.
 - Take short walks frequently if you are able to help promote circulation.

- Exercises that will help promote circulation that should be done frequently:
 - Tightening up the muscles in your legs and releasing them
 - Pushing your toes down like you are pushing on a gas pedal and then relaxing your muscles
- Call your surgeon's office if you are worried you have developed a blood clot. A provider can be reached after hours at (616) 459-7101
- **Physical Therapy**
 - Your surgeon's office will provide all necessary information about physical therapy. Please contact them with questions.