

Surgery Date: _____

Preparing for Surgery

Simple Admit

- Please complete your pre-operative online health survey **as soon as possible** to avoid cancellation or delay.
- After completing the health survey, a nurse will call you to discuss any questions they may have and clarify day of surgery instructions.
- 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 prescribed.
 - A responsible adult is not required to accompany you if you are having surgery **under local anesthesia only**, unless told otherwise by your surgeon.
- **Medication Instructions:**
 - Stop NSAIDs as instructed by your surgeon or your prescribing physician.
 - 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.
 - If you are taking Ozempic, Rybelsus, Wegovy, Saxenda, Victoza, Xultophy or Mounjaro, you will need to stop these medications prior to surgery:
 - Weight loss: If you are taking any of the above medications for weight loss, please stop 2 weeks prior to your surgery
 - Diabetes: If you are taking any of the above medications for diabetes, please stop 1 week prior to your surgery
 - If your surgery is scheduled within 1-2 weeks and you are still taking one of the above medications, please contact your surgeon's office as soon as possible so that an anesthesiologist can review if it is safe to proceed with your surgery.

- o Escribing – Per Michigan law, your physician must now escribe your medications. **It is your responsibility to inform the office prior to your surgery of what pharmacy you will be using the day of surgery to fill your post-operative medications.** This will need to be done prior to your surgery day, as the Surgery Center is unable to make changes for you.
- o 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 medications that affect your immune system
 - Insulin
 - Opioid agonists/antagonists, such as Butrans, Suboxone, Contrave, etc.
- **Pre-Operative Testing:**
 - o 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:**
 - o 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 are allowed no more than two accompanying adults with you at the Surgery Center. You will also need someone over the age of 18 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 over the age of 18 to stay with them for at least 72 hours after surgery.
 - o Patients under the age of 18 must be accompanied by a parent or legal guardian.
 - o 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 provide consent in advance.
 - o You must have a ride home. Your ride must be present at the time of admission and throughout your surgical stay.
 - o If you are able, please consider using a vehicle that will be easy for you to get into after your surgery. For example, if you are having a large foot surgery, it may be difficult to climb into a vehicle that sits higher up, such as a truck or large SUV and you may benefit from a vehicle that sits closer to the ground.
 - o Your accompanying adult may be asked to help you into your vehicle after your surgery.
- **Infection Prevention**
 - o Quit smoking as soon as surgery is scheduled
 - o Call your surgeon's office if you get sick or develop an infection or skin problems (cuts, scrapes, blisters, etc.) in the area you will be having surgery on the week of your surgery.
 - o For your safety, let your surgeon's office know if you have had a MRSA infection within the last year.

- o Do not shave the extremity you will be having surgery on for at least 3 days prior to surgery.
- o The night before surgery, shower using a clean washcloth and clean towel. Use clean pajamas and clean sheets that night.
- o Shower again the day of surgery with a clean washcloth and clean towel, prior to your arrival.
- **Physical Therapy/Gait Training**
 - o 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:
 - 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.
 - o 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**
 - o 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**
 - o 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 1-3 hours prior to the time of your surgery for registration and surgery preparation.
- **Food and Drink, Smoking:**
 - o Patients may eat up until midnight the night before surgery
 - o Patients may drink water or black coffee (without cream and sugar) up to six (6) hours prior to their scheduled arrival time.
 - 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
 - o 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.
 - We do not have any food options on site for your accompanying adult; they may bring snacks to eat or order from a local establishment that delivers. A vending machine is available.
- **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 them again until your post-op follow-up visit.
- **Meeting With Your Anesthesiologist**
 - You will meet with your anesthesia team prior to your surgery to discuss your individual plan for anesthesia and pain management
- **Leaving the Facility**

- 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 where you will be most comfortable.
- You will be given specific discharge instructions prior to discharge that the nurse will review with the patient and accompanying adult.
- **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.