



Chippewa Valley Orthopedics & Sports Medicine **Patient Pre-Operative Guidelines**

1. **Diet/Nutritional Intake before Surgery:** We recommend that all patients do not eat or drink any fluids (NPO status) after midnight the evening prior to your scheduled procedure. This includes any food intake, chewing gum or tobacco, and any fluid (a few sips of water is fine), especially caffeinated beverages such as soda or coffee. If your surgery is scheduled later in the afternoon, such as after 2:00 pm, you may have a clear liquid breakfast, prior to 7:00 a.m. Clear liquids would include any food or beverage that is transparent, such as apple juice or jell-o. Please check with your surgeon prior to your procedure for specific guidelines applicable to you.
2. **Medications:** Some medications and herbal remedies or supplements need to be stopped prior to your surgical procedure. The following is a list of medications that need to be stopped prior to your surgery:
 - **Non-Steroidal Anti-Inflammatory Drugs (NSAIDS)/Supplements and Herbals:** This includes medications such as ibuprofen, Aleve, Advil, aspirin, Percodan, Anacin, naproxen, naprosyn, Piroxicam, Meloxicam, and Celebrex. These medications, if taken prior to surgery, may increase your chance of bleeding during or after your procedure. Herbal remedies or supplements that also must be stopped prior to surgery include fish oil, vitamin E, garlic, ginkgo, ginseng, ephedrine, kava, valerian, St. John's wort, and Echinacea. It is recommended that you stop these medications at least 7 days prior to your surgery, to completely clear your body of the medication.

- **Other Blood Thinning Medications:** Medications such as Coumadin, Plavix, Lovenox, and Heparin must be stopped prior to surgery to reduce the risk of bleeding. It is recommended that you stop Coumadin 5 days prior to your surgery. Plavix should be stopped 10 days prior to your scheduled procedure. Please speak with your surgeon or primary care physician before stopping these medications prior to surgery.
- **Oral Hypoglycemic (Diabetes) Medications:** For persons not requiring insulin for management of their diabetes (non-insulin dependent diabetics), medications such as glucophage and metformin should not be taken the day of surgery. These medications may cause problems with the anesthesia administered to you during your surgery, and may lower your blood sugar.
- **Insulin:** Unless otherwise directed by your physician or endocrinologist, please follow the guidelines below for dosing your insulin prior to surgery:
 - Check your blood glucose the morning of surgery. Please continue your glucose monitoring as before, and as directed by your primary care provider or endocrinologist. If your blood sugar is low, less than 70 mg/dl, notify your physician and have a small sip of clear liquids, such as apple juice. Recheck your blood sugar in 20 minutes. If still low, repeat as above.
 - If you are taking long-acting insulin, such as Lantus or Levemir insulin, take it as prescribed, even the morning of surgery. If your blood sugar levels have been low (less than 70 mg/dl), please contact your primary care physician for further guidance and recommendations.
 - Short-acting insulin, such as **scheduled Regular, Novolog, Humalog, etc.** insulin should be discontinued the morning of surgery. Sliding scale

insulin may be continued the morning of the surgery, dosed according to your blood sugar level.

- **Blood Pressure Medications:** Some blood pressure medications may need to be discontinued prior to surgery. If you are taking a beta-blocker medication (such as Metoprolol, Atenolol, Propranolol, etc.), you should continue these medications as prescribed prior to surgery. Diuretic medications (water pills), such as furosemide, should not be taken the morning of surgery to prevent low blood pressure, dehydration, and electrolyte disturbances. ACE inhibitor medications, such as lisinopril, should not be taken the morning of surgery. Other medications, such as cozaar, should not be taken the morning of surgery to prevent hypotension. If you have any questions, please speak with your primary care physician or cardiologist for further guidance.

If you have any other questions about medication administration before surgery, please contact your primary care physician or your surgeon.

3. **Bathing/Hygiene:** We prefer that you shower or bathe the evening before surgery. Men may shave their face the morning of surgery, if desired, but shaving other body areas (legs, underarms, etc.) is not recommended. Do not apply lotions, deodorant, make-up, medicated creams, etc. to your body the morning of surgery. You will be instructed on and be provided a handout on the use of the chlorhexadine wipes we use pre-operatively to further prevent surgical site infections. Please follow the instructions as written, and contact us with any questions.

If you have additional questions, please contact our office at (715) 832-1400, or (715) 723-8514. We look forward to helping you return to your active lifestyle.