



**Well Beyond.**

**Craig A. Yager, M.D.**  
**Pre-operative Instructions**

Thank you for scheduling surgery with the Colorado Springs Orthopaedic Group. We look forward to working together to help you obtain the best outcome possible. Please refer to this handout as you progress through the scheduling and pre-operative process. A checklist is provided below with the necessary steps to complete prior to your procedure.

**Pre-surgery Checklist**

- Obtain brace or sling if required
  - Bracing or sling use can be a critical part of post-operative recovery. If this is ordered, please obtain prior to surgery.
- Obtain post-operative cold therapy
  - Cold therapy machines work well to decrease swelling and inflammation following surgery. If this is ordered, please obtain prior to surgery.
- Obtain post-operative medications
  - Please confirm your pharmacy today to ensure accurate prescription delivery.
  - Medications will be sent to your pharmacy approximately one week prior to the procedure.
  - Please have your post-operative medications filled before the day of surgery.
- Schedule post-operative physical therapy
  - Most patients will start therapy within 1-2 weeks of surgery. Please have this first post-operative visit scheduled before the day of your procedure.
- Make arrangements in advance to have a responsible adult drive you home after surgery. Hospital regulations do not permit you to drive or use a taxicab service unescorted.
- It is in your best interest to notify your primary care physician and/or medical specialist about your upcoming surgery. In some cases, you may be required to see your primary care provider to obtain preoperative clearance for your surgery. They may choose to do certain tests which may include lab work, and EKG, etc. to make sure that you are optimized for surgery.
- You may need additional assistance at home after your surgery. It is recommended that you make these arrangements with family or a friend prior to surgery.
- Air travel is not recommended immediately following your operation for 4 weeks; however, if this is unavoidable, make sure you discuss this with Dr. Yager.

**Day Before Surgery**

- You should shower with anti-bacterial soap the night before surgery.
- Please follow your doctor's instructions regarding your regular medications before surgery. If advised to take them after midnight, you should take them with only a sip of water.
- Please do not eat or drink anything after midnight prior to surgery. A sip of water is okay with medication if needed. Please ask the pre-op nurse to confirm the timing of your surgery when they call the day before surgery.

**Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.**

## Day of Surgery, Pre-operative Phase

- Please wear loose, comfortable clothing on the day of surgery.
- Please wear glasses instead of contacts.
- Make sure to bring your insurance card with you to the facility on the day of surgery.
- Leave all valuables at home (jewelry, laptop, computers, etc).
- Upon arrival at the facility, register at the patient registration area and they will check you in for surgery
- You will be brought into the pre-operative area where final paperwork will be completed prior to your procedure. You will be asked to confirm your identity, scheduled surgery, site of surgery, and any allergies you may have. The nurse will also review your medical history and any medications you may be taking
- You will be asked to change into a hospital gown. Your surgical site may also be shaved by the staff and cleansed again.
- Dr. Yager or his physician's assistant will see you in the pre-operative area and mark the body part where the surgery is to be performed as well as confirm the informed consent for the procedure. Please ask any additional questions you may have regarding your procedure at this time.
- You will meet the operating room nurse and anesthesiologist who will start your IV. They will also confirm your identity, allergies, and scheduled procedure
- If a nerve block is planned for your procedure, it may be performed in the preoperative area
- You will be brought to the operative room on a gurney. Once in the operating room you will be transferred to the surgical table. Here the operating room nurse will help the anesthesiologist prepare you for the operation. They will position you correctly for the surgery and connect you to the monitors for your heart, blood pressure, and blood oxygen. The anesthesiologist will administer anesthesia and the nurse will complete preparing the surgical site for the surgeon.

## Day of Surgery, Post-operative Phase

- Immediately following your procedure you will be transferred to the post-anesthesia care unit.
- Most patients stay in the PACU approximately 60-90 minutes.
- Patients stay until they are awake, vital signs are stable, and pain is controlled. Crackers and light drinks may be provided if you feel up to eating and/or drinking.
- Visitors are not typically allowed in the PACU except for pediatric or special needs patients.
- Once ready for discharge, patients are taken to a recovery room to change clothes.
- A family member or friend is brought back to be with you while a nurse provides written and verbal discharge instructions specific to your surgery.
- Staff will review how to use prescribed medical equipment (braces, slings, crutches, cold therapy, etc.) you may need post-op.
- They will confirm that your medications have been filled.
- You will then be discharged home.

## At Home

- Once you have returned home, it is recommended that someone stay with you for at least one night
- If you notice any of the following symptoms after you have returned home, please call the office to let Dr. Yager and his staff know immediately. If it is after regular office hours, please go to the emergency department
  - Fever of 101.5° F or 38.5° C or higher that is not improved by Tylenol
  - Pain not relieved. By prescribed medication
  - Excessive leg swelling and pain
  - Redness, swelling, bleeding, or drainage from your incision site
  - Edges of the incision coming apart
  - Sudden coldness or discoloration at the incision site
  - Difficulty breathing, shortness of breath, or chest pain
  - Persistent nausea, vomiting, or diarrhea

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