

Surgery Center of Lancaster

Orthopedic Presurgery Instructions

Please review these **IMPORTANT** reminders:

General instructions

1. Bring your government-issued photo ID and health insurance cards.
2. Bring your sling/immobilizer, Polar Care Cube machine, etc., as instructed by your surgeon.
3. **DO NOT eat anything after midnight** the evening before your surgery. You may drink up to 8 ounces of water, black coffee or apple juice the morning of your procedure, but you must STOP liquids two hours before your arrival time at the Surgery Center.
4. You must have a responsible person 18 years or older who will take you home after surgery. This person **MUST** remain in the Surgery Center throughout your entire stay.
5. You will not be allowed to drive for at least 24 hours after your procedure. This is why you will need a responsible adult over the age of 18 to drive you home and stay with you for 24 hours.
6. Wear something loose and comfortable to go home in. We recommend loose, button-up shirts for shoulder and elbow surgery and very loose-fitting pants or shorts for lower limb surgeries. Form-fitting clothing will make it difficult to wear any braces, splints or bandages that are needed after surgery.
7. Do not wear makeup or jewelry.
8. If you have any changes in your health, such as fever, cough, rash, cold, vomiting or diarrhea, let your surgeon know right away.

Medication instructions

1. Please take only the medications approved by your doctor or anesthesia provider the morning of your surgery **with a small sip of water**.
2. **DO NOT** take any **diuretics/water pills** the morning of surgery.
3. **STOP all vitamins and herbal supplements** two weeks before your surgery.
4. If you use **inhalers for asthma**, please bring them with you.
5. **If you are diabetic**, please **DO NOT take any oral diabetic medication** on the morning of your surgery. If you take **insulin**, follow the instructions of the doctor who manages your diabetes.
6. If you take **blood thinners**, such as Arixtra, Coumadin, Eliquis, Lovenox, Plavix, Xarelto, etc., please follow your surgeon's instructions.
7. If your surgery requires you to have a **regional block**, please follow these **blood thinner** guidelines:
 - **Stop** Eliquis (apixaban), Arixtra (fondaparinux) or Xarelto (rivaroxaban) 72 hours before surgery.
 - **Stop** Plavix (clopidogrel) 7 days before surgery.
 - **Stop** Coumadin (warfarin) 5 days before surgery **and** have an INR (blood clotting test) drawn the day before or morning of surgery.
 - **Stop daily or twice daily** Lovenox (enoxaparin) 12 hours before surgery. **Stop** your **therapeutic dose** (1 mg/kg q 12 hrs. or 1.5 mg/kg daily) 24 hours before surgery.
 - You do not need to stop aspirin (ASA) and nonsteroidal anti-inflammatory drugs (NSAIDs).



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Orthopedic Presurgery Instructions (cont'd)

*****If you take any of the medications listed below for diabetes or weight loss, please follow the hold instructions below and check with the provider who prescribes them for additional directions.*****

Daily dose oral medications: Hold medication day of surgery

- Adlyxin (lixisenatide)
- Byetta (exenatide)
- Rybelsus (semaglutide)
- Victoza (liraglutide)

Weekly dose injections: Hold injection 1 week before surgery

- Bydureon (exenatide)
- Mounjaro (tirzepatide)
- Ozempic (semaglutide)
- Saxenda (liraglutide)
- Trulicity (dulaglutide)
- Wegovy (semaglutide)

Daily dose oral medications: Hold medication 3 days before surgery

- Farxiga (dapagliflozin)
- Invokana (canagliflozin)
- Jardiance (empagliflozin)
- Steglatro (ertugliflozin)
- Synjardy (Jardiance + metformin)

Other reminders

1. **DO NOT** smoke or drink alcohol 24 hours before surgery.
2. Please **DO NOT** use **medical or recreational marijuana 48 hours before your procedure**. These substances can cause you to have negative reactions to anesthesia and medications.

If you have questions about these instructions, please contact the pre-op desk at 717-431-2431.



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