

PRE - OPERATIVE CHECKLIST & INSTRUCTIONS

The following checklist comprises of instructions that should be completed before your scheduled surgery date.

Patient's Name: _____

Surgery Date: _____

PLEASE READ YOUR POST OPERATIVE INSTRUCTIONS BEFORE YOUR SURGERY, SO THAT YOU ARE AWARE OF WHAT TO EXPECT

Your surgery has been scheduled at the following facility.

- Bayview Hospital
- Barbados Family Planning Association
- Premiere Surgical

Please to reach your selected facility for 7:00am **sharp**, check in with the admissions desk.

Unless instructed otherwise by the staff of Optimum Orthopaedics.

1. All claim forms and estimated payments should be completed **PRIOR** to your surgery.
2. The PCR test should be done either one or two days before your scheduled surgery date.
 - a. Proposed covid testing dates: _____
3. Please be available by phone and email in case of any sudden changes to the schedule.
4. **Do not eat or drink anything after 12am**, the night before your scheduled surgery. (No coffee, tea, juice food, etc.) Small amounts of water are allowed.
5. **Medications**
 - a. Discontinue aspirin or any product containing aspirin one week prior to the scheduled surgery date.
 - b. If you are currently taking any Coumadin or Warfarin, we need to know so we can co-ordinate with your general practitioner.
 - c. Discontinue all herbal supplements and Vitamin E two weeks prior to surgery as they will interfere with the anesthesia.

6. Wear loose fitting, comfortable clothing to the facility. The appropriate attire will be provided, if necessary, at the scheduled facility. Please leave all jewelry and valuables at home.
7. **Do not shave, wax or sugar** the surgical area for three days prior the surgery, as this can leave small openings in skin, which can be entry points for bacteria.
8. You must be accompanied by an adult escort for discharge. You **will not** be allowed to drive yourself home, take a bus or take a taxi if you are alone.
9. Kindly contact the office immediately to inform the staff:
 - a. If you are feeling ill or have developed any type of illness or infection, (flu, cold, fever, etc.)
 - b. If you have an open sore, rash, or skin irritation near the surgical site.
10. Your first post- operative appointment will be scheduled seven days after your surgery. A staff member from the office of Optimum Orthopaedics will contact you to schedule this appointment. If you have any concerns, kindly contact the office immediately.
11. You may have to wear a special knee brace or deluxe sling after your surgery, which will be provided to you before surgery and you will need to bring it to the surgery with you.

If you have any further questions, please don't hesitate to contact the office at;

+1-(246) 538-7285

+1-(246) 826-7846

Email: optimumortho1@gmail.com

We wish you a speedy recovery