

## Preparing for Surgery

The Pediatric Orthopedic Center has compiled the following information to help make your operative experience as stress free and pleasant as possible. Please do not hesitate to contact our office with any specific questions that you may have.

You have been schedule for surgery on: \_\_\_\_\_

Arrival time: \_\_\_\_\_ am      pm

Surgery time: \_\_\_\_\_ am      pm

The location of surgery is:

\_\_\_\_\_ Morristown Medical Center, 100 Madison Ave., Morristown (*enter through the Carol Simon Cancer Center*)

\_\_\_\_\_ Morristown Ambulatory Center, 111 Madison Ave., Morristown

\_\_\_\_\_ Short Hills Surgery Center, 187 Millburn Avenue, Millburn

\_\_\_\_\_ Overlook Medical Center, 99 Beauvoir Avenue, Summit

\_\_\_\_\_ Other: \_\_\_\_\_

### Pre-admission Testing and Medical Clearances

The physician involved in your care, along with office staff, will advise you of any testing that may need to be performed prior to surgery. Please be attentive of the time frame in which these tests/clearances need to be performed. Our office, and often the surgical facility, needs to review pre-admission tests and medical clearances prior to the surgery to provide the best care possible to you and/or your family member.

It is your responsibility to advise our office of any medical conditions, allergies, previous surgeries, and medications. If there is a change in the medical status of the patient prior to surgery (i.e. cold or flu symptoms), you must notify us **immediately**.

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Our office staff will assist you with any pre-certifications that may be necessary for a surgical procedure. However, you **must** contact your insurance company to check your specific benefits, If you do not do this, you may be financially responsible for the surgery.

Please make all appropriate arrangements with work or school ahead of time. Any notes needed for out of work/school or gym should be requested from our office with as much notice as possible. If you anticipate that your child will need special accommodations at school (i.e. wheelchair or elevator pass), please contact the school nurse as soon as possible.

**You must stop all anti-inflammatory medications (Advil, Aleve, Motrin, Ibuprofen, and Aspirin) two weeks prior to surgery. Tylenol is acceptable to take pre-operatively for pain.** If you are not sure as to which medications need to be stopped, please contact our office and we will assist you.

If you/the patient smokes, or someone in the same household smokes, **STOP IMMEDIATELY**. This can affect anesthesia and also affect healing post-operatively.

Please schedule a follow-up appointment with the physician \_\_\_\_\_ days after your surgery.

### **The Day of Surgery**

**PATIENTS MUST NOT CONSUME ANYTHING BY MOUTH (FOOD OR DRINK, INCLUDING WATER) AFTER MIDNIGHT THE NIGHT BEFORE SURGERY**, unless otherwise told. For infants 12 months of age or younger, there are exceptions, however this must be discussed with a member of our office staff or with the anesthesiologist prior to the surgery. If you/your child routinely take medication in the morning, you should contact our office to see if the medication should be held or given with a sip of water.

Often, the anesthesiologist and/or the surgical facility will contact patients prior to surgery to review medical history and arrival time. You will meet the anesthesiologist the morning/afternoon of surgery prior to the procedure.

Please remember to bring your insurance card, driver's license for patients over 18 years old (if under 18 years old, the accompanying parent must bring their driver's licence or alternate ID showing current residence) and any referrals that may be necessary per your insurance company.

After the surgery is completed, you/your child will be taken to the recovery room. The surgeon will speak with the family members in the waiting room. Family members are allowed in the recovery room once the patient begins to wake from surgery.

A prescription for pain medication will be given to you by the surgery facility upon discharge - you should fill this prescription immediately.

### **Recovery at Home**

Ice and elevate the involved extremity as instructed at the time of surgery. For most surgeries, you should apply ice (on/off) as well as elevate for the first 2-3 days. This will help to reduce swelling and relieve discomfort.

Remove all dressings as instructed by your physician (or as written on the facility discharge sheet). Most dressings are removed the second day after surgery. Leave all steri-strips on until they naturally fall off.

Do not take showers/baths until directed to do so by your physician.

### **Warning Signs**

Call the office if there is increasing drainage for the wound site, increasing redness or pain around the incision site or a fever of 102 or higher. These are all potential signs of an infection.

Please call the office with any concerns regarding your surgery. We are glad to assist you through your pre-operative and post-operative course.