

GENERAL PREOP INFORMATION

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WHAT SHOULD I DO BEFORE SURGERY?

Dr. Lee may ask you to see your primary care physician for pre-operative surgical clearance. Depending on your age and medical condition, you may be asked to get an ECG, chest x-ray, and other laboratory tests a few days or weeks prior to your scheduled surgery date.

Dr. Lee will ask you not to eat or drink anything after midnight the day of surgery. Many medications you can take on the day of surgery, but you should not take any aspirin or anti-inflammatory medications (e.g. Advil, Motrin, Ibuprofen) for 7 days before your surgery as they can increase bleeding. You may be given special soap (chlorhexidine) to shower with the evening before and the morning of surgery.

You must arrange for someone to pick you up after surgery and stay with you for the first 24 hours after surgery.

WHAT HAPPENS ON THE DAY OF SURGERY?

On the day of surgery you will need to:

- shower in the morning with the chlorhexidine soap (if provided)
- wear loose, comfortable clothing
- remove all jewelry
- go to bathroom just before surgery

Before surgery, you will be in the “pre-operative holding area” where the nurse or anesthesiologist will start an intravenous line, or “IV”. Your anesthesiologist will meet with you to go over the options for anesthesia which include local anesthetic with sedation and general anesthesia. The anesthesiologist will generally recommend a nerve block.

WHAT HAPPENS IMMEDIATELY AFTER SURGERY?

After your surgery you will go to the recovery room. You will remain there until the effects of your anesthetic have begun to wear off. You will remain in the recovery room until you can eat, drink, and urinate without difficulty. Specially trained nurses will monitor your progress and give you verbal and written discharge instructions. You will not be able to drive home after surgery and we recommend that someone stay with you overnight.

You may have a “cooling device” that you may wear intermittently for the first few days after surgery. You are usually given Norco as a pain medication. This is a strong narcotic, and I recommend you take Tylenol instead, only using the narcotic for severe pain. Colace is a stool softener which you should take as long as you are taking Norco. Zofran is only as needed if you are nauseous.

For lower extremity surgery only, please buy a knee-high DVT compression stocking prior to surgery (T.E.D. hose or similar), which can be purchased at medical supply stores or a pharmacy. You will need to wear this for 2 weeks after surgery. Additionally, take a full strength Aspirin (325 mg) each day for 3 weeks after surgery for clot prevention.

The sutures are usually absorbable. You can take the bandages off 48 hours after surgery, but leave the steri-strips on. You may shower 5 days after surgery, but we recommend that you keep the incisions clean and dry until your first postoperative visit. You should not take baths or “hot tub” until 3 weeks after surgery. A rehabilitation plan will be discussed with you after surgery and expected recovery timelines will be made more specific, depending on what exactly was seen and done during surgery.

If you have any questions, contact our clinic at (626) 888-3818.