

Introduction:

This guide outlines the important steps and expectations for patients prior to undergoing outpatient surgery. The goal is to help you prepare for the surgery, minimize anxiety, and ensure a smooth surgical experience.

As the date for your surgery approaches, we want to ensure that you are fully prepared and knowledgeable about the logistics of the procedure and the subsequent recovery process.

1. Pre-operative Consultation:

Before scheduling the surgery, you will have a consultation with your team. Some patients choose to have this consultation on the morning of surgery, rather than as a separate appointment. Discuss your preferences with your provider. The purpose of the visit is to explain the procedure in detail, discuss the expected outcome, potential risks, and recovery process.

2. Pre-operative Testing:

Many patients do not require additional tests for minimally-invasive surgeries (e.g. carpal tunnel release, trigger fingers, cysts, some fractures). However, depending on your overall health and the type of surgery, you may be required to undergo certain tests such as blood tests, EKG, or X-rays. These tests help ensure that you are fit for surgery. The pre-admission screening process will help identify if you need this additional care.

3. Medication Review:

Review all your current medications, including over-the-counter drugs and supplements, with your team. Some medications may need to be stopped or adjusted prior to surgery.

4. Fasting:

You will likely be instructed to fast (no food or drink) for at least 6-8 hours before your surgery. This is to prevent any complications during anesthesia. This usually doesn't apply if you are having your surgery at the minor procedure room at Elevate Orthopedics, rather than the operating room.

5. Pre-operative Hand Care:

Keep the area (hand, elbow, shoulder) that is going to have surgery clean. Do not apply any lotions, creams, or nail polish on the day of surgery.

6. Transportation:

For your comfort during surgery you will likely receive sedation or anesthesia, arrange for someone to drive you home after surgery. It is not safe for you to drive or use public transportation.

7. Clothing:

Wear loose, comfortable clothing that can easily accommodate a bulky bandage or cast post-surgery.

8. Arrival Time:

Plan to arrive at the surgical center at least 1-2 hours before your scheduled surgery time, (different facilities have slightly different arrival time policies). This allows ample time for check-in, pre-operative preparations, and any last-minute questions.

9. Anxiety:

It's normal to feel anxious before surgery. Breathing exercises and visualization techniques can help calm your nerves.

10. Questions:

Don't hesitate to ask your surgeon or the medical team any questions you may have. Understanding your procedure and what to expect can alleviate fears and concerns.

Remember, every patient's experience is unique. Your surgeon will provide you with specific instructions based on your health status and the type of surgery you are undergoing. Following these steps will help ensure your safety and a successful surgery.

****Day of Surgery:****

On the day of the surgery, you will be arrive at the surgery center or hospital. The procedure itself usually takes 1-2 hours, but you should plan to spend a few hours in the hospital for preparation and recovery from anesthesia.

During this time you will meet with the nursing and anesthesia teams. Your surgeon will also confirm the procedure details with you and review the surgical consent.

****After Surgery:****

1. **Pain Management:** You will receive a schedule that typically includes “multi-modal pain control”. Tackling post-surgical discomfort from multiple different approaches (ice, elevation, non-steroidal anti-inflammatory medicine, acetaminophen and positive thinking) has been shown to be more effective and safer than simply taking a “pain pill”.

2. **Physical Therapy:** Rehabilitation is a crucial part of recovery, but fortunately not all surgeries need to have formal therapy. If your team recommends therapy you will have an appointment with a therapist. Often this appointment will occur before you see your surgical team. The therapist will guide you through exercises to protect the surgical site and regain strength and mobility.

3. **Rest and Self-care:** Adequate rest is vital for recovery. Try to sleep with the surgical site elevated on pillows. For shoulder surgery, try to sleep in a semi-upright position (recliner or ramp of pillows in bed) to minimize shoulder strain. Ice packs can also help manage swelling and pain.

4. **Follow-up Appointments:** Regular follow-up appointments will be scheduled to monitor your healing progress.

Recovery Time:

Recovery from surgery varies significantly among patients and depends on the extent of the injury and the individual's overall health.

Remember, each person's recovery journey is unique, so it's important to be patient with yourself and follow your physician's and physical therapist's advice.

Please feel free to contact our office if you have any questions or concerns. We are here to support you throughout this process.

Best regards,

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