



Northern Pines Orthopaedic Clinic

Pre-Operative Instructions

- Arrange in advance to have a family member or friend drive you home after your procedure. **YOUR SURGERY WILL BE CANCELLED FOR YOUR SAFETY IF ARRANGEMENTS ARE NOT MADE AT THE TIME OF YOUR ARRIVAL AT LAKEWOOD SURGERY CENTER.**
- Review any instructions provided by your doctor.
- Do not drink alcoholic beverages or smoke the evening before surgery.
- **DO NOT EAT OR DRINK ANYTHING ON THE DAY OF YOUR SURGERY.** You will be able to take some but perhaps not all of your regular medications. Ask your doctor for specific instructions, as additional guidelines may apply in your case.
- Bathe or shower on the morning of your surgery. This will decrease your risk of infection.
- Wear loose, clean, comfortable clothing and low-heeled shoes to the surgery center. Do not wear jewelry (including earrings, piercings, etc.) or bring valuables to the surgery center.
- Remember to bring your contact lens case. You won't be able to wear contact lenses into surgery.
- **ASK QUESTIONS!** Write down any questions you have about your procedure and discuss them with your doctor. There are no dumb questions. You can print out this page and write your questions below.

QUESTIONS FOR THE DOCTOR