

LakeJointEffort

Several weeks before your surgery, you should stop taking:

- All Herbal/Vitamin Supplements & Weight loss medicines

One week prior to surgery, you should stop taking:

- **Aspirin products and Anti-inflammatory products (OTC and Prescribed)**
- **Anticoagulants or blood thinners such as Coumadin, Pradaxa, Plavix, Ticlid, and Aggrenox**

Night before surgery:

- Do not drink alcoholic beverages 24 hours prior to surgery. Alcohol may increase the depth of your anesthesia or the effect of medicines you may be given.
- Do not smoke after midnight prior to having surgery. Smoking can cause gastric secretions that interfere with the anesthetic during surgery.
- **You need to be fasting or nothing to eat or drink 9 hours prior to your surgery.** If your surgery is before noon, nothing to eat or drink after **11pm**. If your surgery is after noon, nine hours prior to surgery you may eat a light meal (toast with clear juices such as apple juice or ginger ale).

Here are some other pre-surgery instructions you need to follow:

- **Do not take the following Blood pressure medications the night before or the morning of surgery:**
 - **Do not take ACE Inhibitors :** Benazepril (Lotensin), Captopril (Capoten), Enalapril (Vasotec), Fosinopril (Monopril), Lisinopril (Prinivil, Zestril), Moexipril (Univasc or Perdix), Perindopril (Aceon), Quinapril (Accupril), Ramipril (Altace), Trandolapril (Mavik).
 - **Do not take ARBS (Angiotensin II Receptor Blockers):** (Atacand) Candesartan, (Avapro) Irbesartan, (Benicar) Olmesartan, (Cozaar) Losartan, (Diovan) Valsartan, (Micardis) Telmisartan, (Teveten) Eprosartan
- **The morning of surgery when you wake, take the following medications with a small sip of water:**
 - **Parkinson's and seizure medications, blood pressure and heart medication** except as indicated above.*
 - **Do not take your diuretics or "water pills" the morning of surgery.**
- *Diabetic patients- do not take your diabetic medicine, as you are fasting (nothing to eat). If your Physician has given you specific instructions regarding diabetic medicines please follow those instructions.*
- **Bring your medications with you to the hospital in the pill bottles they were prescribed so that we may confirm name, dose, and frequency of medication.**

Preventing Surgical Site Infection:

You will take a Hibiclens shower the night before and the morning of surgery:

- 1. Use the antimicrobial soap (Hibiclens), on a washcloth, all over your body from the chin down for 2 minutes.** Don't forget your *underarms* and *outer groin/buttocks* areas as they harbor more bacteria.
- 2. Pay special attention to your surgical site with Hibiclens & a second washcloth for an additional 2 minutes in the shower.** Rinse thoroughly. Put on fresh clean clothes prior to coming into the hospital. Do not apply lotions after shower.

****Do not use Hibiclens on face or hair****

- **Do not shave your legs 72 hours prior to surgery** if you are having a Total Knee or Hip replacement. Do not shave your underarms for 72 hours prior to surgery if you are having a Total Shoulder replacement.
- If you develop a cold, fevers, or other illness prior to your procedure, contact your surgeon's office. Your surgery may need to be rescheduled.
- Special measures are taken with our Joint Replacement patients using Laminar flow ventilation to reduce the number of infective organisms present in the air. Key operating room staff will wear body exhaust suits called "space suits."
- You will be given an antibiotic prior to your surgery and after your surgery to complete a 24 hour protocol.

MRSA Colonization Screen

If **positive**, you will be contacted prior to surgery for instructions on Bactroban salve nasal application (twice daily), shower with antibacterial soap daily for 7 days (preferably Hibiclens), and a specific antibiotic protocol will be used morning of surgery.

Getting Ready Surgery Morning:

- You may wear light foundation make-up only (no mascara or eye make-up).
- You may wear deodorant.
- Do not wear cologne or perfume.
- Please remove nail polish and/or acrylic nails prior to surgery.
- NO GUM OR CANDY/LOZENGES on the way to the hospital!
- **Remove all jewelry and body piercings.**

Arrival to Hospital

Please park in the parking garage which is located at (Entrance 2) the first right off Hennessy Blvd. On the 2nd floor of the garage is a catwalk that enters the hospital. **Report to St. Mary's Tower Admissions.**

Report to Hospital: Please arrive at hospital 2 hours before surgery start time. Please refer to your **surgeon's office** for a surgery time, not the hospital.

Please call the Ortho Program Coordinator at (225) 765-8302 with any questions.

Thanks for choosing our Lady of the Lake LakeJointEffort!