

# Pre-Operative Instructions For the Shoulder and Arm

## Information you need to bring to the hospital:

- Insurance card
- Your medical information and past medical history
- List of your medications, doses, and any allergies

## Diet and Medications:

- Do not eat or drink anything after midnight, the night before your surgery
- If you take very important medications such as heart medications, you may take these on your regular schedule with a small sip of water
- Do not take Aspirin or other similar medications like Ibuprofen, Motrin, Aleve, Celebrex, etc. for one week before your surgery
- If you are diabetic, please do not take your morning diabetic medication and be sure to inform the anesthesiologist
- If you take blood thinners such as Plavix, Warfarin, or Coumadin, you will need to stop these 5 days prior to your surgery

## Clothes and Jewelry:

- Wear loose comfortable clothes to the hospital
- Leave ALL jewelry at home, including wedding rings
- The only thing you wear into the operating room is a hospital gown
- The hospital will not be responsible for your valuables

## Preparing your arm for surgery:

- Be sure not to get any cuts or scratches before your surgery (especially from animals). This could result in cancellation of your surgery
- Clean under your fingernails carefully the last few days before surgery and remove any artificial nails or fingernail polish

## Preparing for your day at the hospital:

- Arrange for someone to drive you home from the hospital after surgery
- You will not be allowed to drive yourself nor ride in a cab/bus alone
- Bring something to read as there is often a lot of waiting time at the hospital

## Medications:

- Fill your prescription for your post-operative medications ahead of time so that the medications will be waiting for you when you get home from the hospital

## Herbal supplements:

- If you use these, you need to stop taking them 2 weeks prior to your surgery