



## SURGICAL CHECKLIST

**Patient Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
**Procedure:** \_\_\_\_\_ **Surgery Date:** \_\_\_\_\_

**Location:**  Ascension Providence Rochester Hospital  MIAS

The following is a checklist you **MUST** complete before surgery:

Within **30 days** of surgery:

Lab work  Pre-Operative Appointment – Date:

Within **3 months** of surgery but **BEFORE your pre-operative appointment:**

Medical clearance (PCP)  Cardiology  Other:

***We CANNOT proceed with surgery as scheduled if the above items are not completed***

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**Medical Clearance:** Please have the attached “Surgical Clearance Form” completed by your primary care physician and any other necessary physician as noted above and have them fax it to us.

**Fax: 248.650.4596**

**Labs:** CBC, BMP, Albumin and Nasal culture

- We recommend labs be completed at Ascension Providence Rochester Hospital outpatient lab. No appointment is necessary. They can be completed at any lab as long as the results are faxed to the number above.

**Health History:** Ascension Providence Rochester pre-admission department will be contacting you prior to surgery for pre-operative instructions. You should expect this call 1-2 weeks prior to surgery.

**Pre-operative appointment:** You will need a pre-operative appointment prior to surgery to review clearances and labs. You will receive your post-operative medication prescriptions, walker and/or any other DME equipment you may need at this visit. This visit is also to answer any other questions you have before surgery. This appointment is MANDATORY and surgery will be rescheduled or cancelled if the appointment is missed for any reason.

If you have any questions regarding the information above, please contact us directly  
**Stephanie Orr – 248.609.9145**

## **OTHER THINGS TO DO BEFORE SURGERY**

### **Hibiclens (Chlorhexidine Gluconate Solution) antimicrobial liquid body soap**

- To reduce the risk of perioperative infections, please cleanse the entire body (avoid face) with Hibiclens wash once a day for **5 days prior to surgery**
- Hibiclens can be purchased at any pharmacy over the counter

### **Avoid the dentist**

- Do not undergo dental work (including routine cleaning) 3 weeks prior to surgery and 12 weeks following surgery.

### **Discontinue all products containing aspirin or any anti-inflammatory 7-10 days prior to surgery**

- Examples of these products include: multivitamins, fish oil, ibuprofen/motrin/alleve
- It is safe to continue Tylenol until the day before surgery
- If you are taking blood thinners or steroids for chronic conditions please discuss with your primary care physician prior to discontinuing

### **Physical Therapy**

- If you are having total knee replacement, please be sure to schedule physical therapy to start 1 week after your surgery
- If you are having a total hip replacement, we do not routinely schedule any physical therapy until after your 1<sup>st</sup> post-operative visit.

### **Nothing to eat or drink after midnight** the night before your surgery

The hospital will contact you the evening before your surgery for your scheduled arrival time.

- Our office will not have a final schedule until after 5:00PM the day before surgery.