



Dr. Labovitch's PRE-OPERATIVE instructions

1. The week before surgery:

- Stop all non-steroidal (NSAIDS: Ibuprofen, Advil, Motrin etc...) pain medications including aspirin (unless told not to do so by your primary doctor)
- ☑ Tylenol is OK to use prior to surgery
- Please alert Dr. Labovitch's office if you have any of the following symptoms prior to surgery (surgery may have to be delayed until the illness or symptoms have resolved and/or evaluated by your primary care physician)
 - ☑ Chest pain
 - ☑ Shortness of breath
 - ☑ Light headedness
 - ☑ Blurred vision
 - ☑ Headaches
 - ☑ Nausea and vomiting
 - ☑ Burning on urination
 - ☑ Skin infections, abscess, cellulitis
 - ☑ Dental abscess or recent dental work completed
 - ☑ New onset loss of sensation or motor strength loss in any of your arms or legs
 - ☑ Constant abdominal pain
 - ☑ Blood in your urine or stool
 - ☑ Fevers or chills
 - ☑ Productive cough or upper respiratory tract infection (cold or flu like symptoms)

2. Nutrition and Sleep:

- It is very important to have a well balanced diet before and after surgery. This will help promote proper wound healing and decrease the chance for complications.
- **DO NOT DRINK ALCOHOL WHILE ON NARCOTIC PAIN MEDICATION.** Please limit your intake of alcohol before and after surgery. This will help with proper wound healing and decrease the chance for complications.
- **DO NOT SMOKE TOBACCO OR ANY OTHER INHALED SUBSTANCES AS THIS IS A KNOWN RISK FACTOR FOR COMPLICATIONS (ESPECIALLY WOUND COMPLICATIONS, INFECTION, AND DECREASED BONE HEALING)**
- Adequate **sleep** is important. This will help promote proper wound healing and decrease the chance for complications.

3. The day before surgery:

- **Do not eat or drink anything after midnight**
- **Proper hygiene is important:**
 - a. Make sure to bathe regularly
 - b. **Do not shave** the extremity being operated on for 48 hours prior to surgery
 - c. Patient Preoperative Skin Preparation is recommended

Please look for: **Sage® 2% Chlorhexidine Gluconate Cloth**
(see website below)

<http://www.sageproducts.com/products/preoperative-care/skin-prep.cfm>

4. Pre-operative check list:

- ____ If you are **45 years old or older**: Did you obtain your **EKG and Labs**?
- ____ If you are **65 years old or older**: Did you also obtain your chest x-ray?
- **Write down any questions you may have. You will have a chance to discuss these questions with Dr. Labovitch prior to surgery**

5. Phone numbers and Website:

- If you have any questions or need to cancel surgery for any reason, please call the phone numbers below
- **949-720-1944** (during normal business hours)
- **949-720-1944** (after hours)
- **Please visit www.ryanslabovitchmd.com** for additional information and instructions.
 - a. This website has been designed to introduce you to his practice and be an interactive tool to assist you in each step of your treatment program. It provides comprehensive information on various orthopedic conditions and treatment techniques including surgical diagrams, animated procedures, and videos.

