



THUNDER BASIN ORTHOPAEDICS
— AND SPORTS MEDICINE —

Inpatient Surgery: FAQ's

Frequently Asked Questions:

- What kinds of tests will I need before surgery?

All patients are required to have routine blood work and urinalysis. You must also have a physical examination within 30 days of your surgery with your primary care provider for medical clearance. You may also need an EKG and chest X-ray depending on your age and past medical history. This will be determined by your healthcare provider.

- What medications do I take before surgery?

This will be determined by your medical doctor and anesthesia. You will be informed at your medical clearance appointment and/or by a surgery nurse from the surgical facility prior to your surgery.

- Do I need to stop taking any medications before surgery?

You can take most of your medications up until the day of surgery. The following medications your surgeon requires you to stop taking **2 weeks** prior to your procedure. The following medications act as blood thinners, making it difficult for your surgeon to perform your procedure and potential post-op complications.

- NSAIDs – include aspirin, advil, motrin, ibuprofen, aleve, naproxen, meloxicam, etodolac, feldene, diclofenac
 - OTC herbal supplements and vitamins
- What should I bring to the hospital?

Bring all of your personal toiletries, comfortable and loose-fitting clothing, slip-on non-skid shoes or slippers, a list of current medications including dosages, assistive walking devices you already own, any paperwork the hospital has requested (i.e. ID & insurance card).

- When should I arrive at the hospital for surgery?

The surgical facility will call you the **day prior** to your surgery to let you know what time your surgery will be and when to arrive at the hospital.

- How long will I be in the hospital?

Most patients stay 1 night in the hospital. If there is a medical reason for you to stay longer you, may stay up to 2-3 days total after your surgery.

- How much pain will I be in?

As with any surgery, individual patient experiences may vary. At Thunder Basin Orthopaedics, we are committed to making sure you are comfortable after your procedure, but we do not expect you to be pain free. Your surgeon and anesthesia provider will discuss your pain management options prior to your surgery including nerve blocks, pain medications, and pain relieving modalities.

- When can I drive?

You are not allowed to drive while you are on pain medications that can alter your mind and judgement. The type of surgery, location of surgery (left leg vs. right leg), and overall general condition play a part in the decision. Most patients must wait for 6 weeks before driving. You will be cleared by your physical therapist when you are released to drive.

- When can I return to work?

Most patients wait until at least 6 weeks after surgery to return to work. Depending on your occupation, type of surgery, and availability of light-duty options at work, you may be able to return to work earlier if your surgeon feels you can do so safely. You will discuss this with your surgeon during a follow-up visit.

- How often will I need to see my surgeon?

Typically you will see one of the orthopedic providers for your first post-op appointment 2-3 weeks after you are discharged. The frequency of additional visits will depend on

your progress. Many patients will follow-up with the surgeon again at 6 weeks, 12 weeks, and yearly.