

## **PRE-SURGICAL INSTRUCTIONS**

- **Covid/Illness Guidelines**

- If you are actively sick or have recently tested positive for Covid, notify your provider and surgery area ahead of time. DO NOT arrive if you are symptomatic. If you have Covid-like symptoms, testing will be required.
- Family members who are actively sick should NOT come to the surgical facility
- Currently, there are no requirements for Covid testing, however, this is an evolving issue and may change at any time

- **What to Bring**

- Photo ID (minors do not need, but ID of primary insured party is required)
- Insurance Card
- Form of payment if you have a copay or deductible
- All relevant paperwork from your physician's office
- Any imaging discs, x-rays, etc that you have been instructed to bring
- If you use oxygen at home, please bring your portable oxygen tank if available
- Case for your contacts, glasses, dentures, and hearing aids. Do not wear contact lenses if possible
- Rescue inhaler if you have asthma or emphysema
- CPAP with mouthpiece if you use one at home for sleep apnea
- Any medical equipment that has already been provided to you such as crutches, a walker, boot, sling, ice machine, etc.
- PLEASE LEAVE VALUABLES AT HOME

- **General Instructions**

- A responsible adult, 18 or older must be available to drive you home and stay with you through the night
- At least one parent must stay at the facility if the patient is a minor
- You must have someone available to stay with you for the first 24 hours after your procedure
- Please ensure that your ride can either wait in the waiting room or is available to speak to the surgeon on the phone after your procedure. Please instruct your ride to answer any unknown/unfamiliar numbers as it may be the surgeon trying to call
- You may NOT take a taxi, bus, any form of public transport or ride share home by yourself. You may only do so if you have a responsible adult with you.
- Females older than age 12 (or younger than 12 who have started their menstrual cycle) will be offered a urine pregnancy test on the day of surgery
- No unattended minors are allowed in the facility

- **Arrival Time**
  - You will be given a specific arrival time by the hospital or surgery center the day before surgery. Typically, arrival time will be 90-120 minutes PRIOR to your scheduled surgery time.
  - Confirm the address and location of where your surgery will be held
  - Dr. Gross typically performs surgery at the following locations:
    - Boulder Surgery Center  
4740 Pearl Parkway Suite 100, Boulder, CO 80301
    - Broomfield Surgery Center  
1185 Highway 7 (E Baseline Rd), Broomfield, CO 80023
    - Boulder Community Health – Foothills Hospital  
4747 Arapahoe Ave, Boulder, CO 80303
  
- **Food/Drink**
  - Please see attached handout for specific instructions
  - \*\*\*Ignoring these guidelines WILL result in either delaying or cancelation of your surgery
  
- **Hygiene**
  - Shower with antimicrobial soap for the three days prior to your surgery
  - You may shower on the day of surgery
  - You may brush your teeth but DO NOT swallow any water
  - Wear glasses instead of contacts on the day of surgery
  - Remove nail polish on the limb on which you are having surgery
  - No strong perfumes, scents, or deodorants
  - DO NOT shave the operative area 72 hours prior to your surgery
  - Removal all metal piercings and jewelry
  - DO NOT wear any lotion or makeup on your face or body
  - \*\*\*If you have any open wounds or scratches over your surgical site, NOTIFY your provider as soon as possible
  
- **Clothing**
  - Wear loose, comfortable clothing. If you are having shoulder surgery, please wear or bring a large button-down shirt for after surgery. Sleeves, legs, and waistbands should be loose enough to fit over bandages
  
- **Medications**
  - During your pre-anesthesia screening, the nurse will go through ALL of your medications and give you specific instructions
  - Stop all NSAIDs 7 days prior to surgery
    - Examples: Advil/Ibuprofen, Aleve/Naproxen, Meloxicam, Diclofenac, Celecoxib
  - Stop all herbal supplements/vitamins for 2 weeks prior to surgery
    - The one exception is that you may take a multivitamin up until the day PRIOR to surgery

- If you take BLOOD THINNING MEDICATIONS, such as coumadin/warfarin, Eliquis, Xarelto, or Plavix, etc, contact your cardiologist or primary care provider for guidance regarding when and if you should stop and restart your medication
- For blood pressure medications, please contact your primary care provider. You will also receive guidance from your phone conversation with your pre-anesthesia nurse
- For diabetic patients, discuss with your primary care for insulin dosing. DO NOT take oral diabetes medication such as Metformin, Glyburide or Januvia the morning of surgery
- For chemotherapy and/or hormone replacement therapy, generally you should stop these medications 2 weeks prior to surgery
- Please discuss oral contraception with your individual surgeon
- **Discharge Expectations**
  - Discuss with your surgeon if you are planned for outpatient (“same day”) or overnight surgery (BCH only)
  - All procedures performed at a surgery center are outpatient, and you will be discharged home the same day of the procedure
  - For “same day” surgeries, please follow above guidelines for your post-operative ride and supervision
  - For hospital overnight joint replacements, please make sure to have your ride arrive by 11am to receive discharge instructions. Discharge time will be by noon
  - Please pick up your post-operative medications prior to your surgery
  - Please schedule your post-operative appointments with your surgeon prior to surgery
  - Please schedule post-op physical therapy appointments prior to surgery, if recommended by Dr. Gross
- **Medical Equipment**
  - If your surgeon has recommended crutches and/or a walker, please obtain these items ahead of time
  - If Dr. Gross pre-arranged for any durable medical equipment such as an ice machine, brace, boot, or sling – you must bring these with you if you will be having surgery at the hospital. If you are having surgery at the Boulder/Broomfield Surgery Centers, our brace staff may have arranged to bring these items down from the office on the day of your surgery. If you have these items in your possession already, bring them with you to your surgery.
  - If we supply these items, your insurance will be billed, and they may not be covered by insurance
- **Contacts**
  - If you have any questions or concerns, please do not hesitate to call:  
Laura Cook, MA (303) 607-6348                      Main Office (303) 449-2730