

Surgery Instructions

Please review the instructions to help you prepare for your upcoming surgery. Having surgery can be a stressful time for some people. We are here to help you feel comfortable, answer your questions and ensure you are receiving high-quality specialized care.

Surgery Date:	Surgery Time:	Surgery Check-in Time:
Surgeon Name:	Assistant Surgeon Name:	
Surgery Location:	Phone Number:	Website:
Anesthesia: Oregon Anesthesiology Group (OAG)	OAG: 800-282-6864 / Billing 855-514-4374	OAG Website: https://oagpc.com/

A pre-operative nurse from the facility will call you to confirm your surgery check-in time and to answer questions you may have about their facility. You can also call them directly at your convenience. If you are NOT provided a check-in time please arrive 90 minutes prior to your scheduled surgery time.

BEFORE surgery instructions:

To avoid cancellation of your surgery please comply with the following safety requirements:

- Arrange for a responsible adult to drive you home after surgery and to listen to your post-operative instructions. Taxi, ride-share drivers and public transportation are NOT acceptable.
- If you are on any blood thinning products such as Warfrin, Coumidin, Lovenox, ect. Please notify your medical team at Summit Orthopaedics at 503-850-9940 for further instructions.
- If you develop a sore throat or fever contact your medical team at Summit Orthopaedics at 503-850-9940.
- 48 hours before surgery: Discontinue all aspirin products and/or other anti-inflammatory medications. This includes medication such as Ibuprofen, Advil, Naproxen, Motrin, Celebrex etc.
- 8 hours prior to surgery: NO solid foods.
- 4 hours prior to surgery: NO clear liquids.

The DAY OF SURGERY instructions:

- Do NOT smoke on the day of your surgery.
- Shower the morning of surgery. This will decrease your risk of infection.
- Do NOT shave the area where surgery is to be performed. If shaving is necessary, it will be done at the facility.
- Do NOT wear make-up.
- Wear low-heeled shoes and loose, comfortable clothing. Sleeves, legs and waistbands should be loose enough to fit over bandages.
- ALL jewelry and body piercings must be removed prior to surgery.
- Bring a list of the medications you are taking, paperwork the facility may need, proof of insurance, your deposit and photo ID.
- Please leave valuables at home or with a family member. Items such as: jewelry, smart watches, large amounts of cash, multiple credit cards, ect. If you bring eyeglasses please put your name on them.
- Arrive promptly at the time given to you by the pre-operative nurse (or 90 minutes prior to your scheduled time).

AFTER surgery instructions:

- Take it easy until your physician says you can return to your normal routine.
- It is natural to experience some discomfort in the area of the operation. You may also experience some drowsiness or dizziness depending on the type of anesthesia you received or on the amount of pain medication you are taking at home.
- Prescriptions: Monitor how much you have left! Refills are only filled during normal business hours. They will not be refilled over the weekend or on holidays. Narcotic pain medication can not be called in. You must allow time for a hard copy prescription to be mailed to you or picked up in person during normal office hours.

Your post-operative appointment is scheduled at Summit Orthopaedics:

Date & Time:	Location: 4103 Mercantile Drive, Lake Oswego, OR 97035
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If you have questions or concerns please give us a call at 503-850-9940!