

SURGERY CHECKLIST

Patient Name: _____

Surgery Date: _____

Location: _____

The following is a checklist you **MUST** complete before your surgery. **The following things MUST be done within 30 days of your scheduled surgery:**

- Medical clearance → Primary Care Physician Cardiologist Other: _____
- Labs
- Submit health history on www.onemedicalpassport.com
- Pre-operative appointment

◦ All above items on the checklist should be completed **BEFORE** your pre-operative appointment

*****We cannot proceed with surgery as scheduled if the above items are not completed 1 week prior to surgery*****

Medical clearance: *Please have the attached form completed* by your primary care physician (and any other necessary physician you may see including cardiologist, endocrinologist... etc)

Labs: CBC, BMP, Albumin, Nasal Culture

- We recommend labs be completed at Ascension Providence Rochester outpatient lab (no appointment necessary), but they can be completed at any lab, as long as the results are faxed to: **248-650-4596**

Health History: Please make sure to log onto www.onemedicalpassport.com three weeks prior to your surgery date. Here you will follow the steps to input your 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, a walker and/or any other DME equipment you may need. This visit is also to answer any other questions you may have before surgery. This pre-operative visit will either be with Philecia Benman, NP at Ascension Providence Rochester Hospital or one of Dr. Frisch's PAs in our office. The hospital will reach out to you to schedule your pre-operative appointment.

Other things to do before surgery:

- **Discontinue all products containing aspirin or any anti-inflammatory, blood thinner, or steroid 7-10 days prior to surgery**
 - Examples of these products include: Multivitamins, Fish Oil, Ibuprofen/Motrin/Aleve/Naproxen, Coumadin, Plavix, Prednisone
 - It is safe to continue Tylenol up until the day before surgery

- **Physical therapy**
 - If you're having a total knee replacement, please be sure to schedule a physical therapy to start 1 week after your surgery
 - If you're having a total hip replacement, physical therapy is not required after surgery. If you are still interested in having physical therapy, we can discuss it at your first post-operative appointment

- **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 one a day for 3 days prior to surgery
 - Hibiclens can be purchased at any pharmacy over the counter or dial antibacterial soap

- **Avoid dentist** (including cleaning or dental work) for *3 weeks prior to surgery and 8 weeks following surgery*

- **Nothing to eat or drink (including water, gum or mints) 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.*

If you have any questions regarding the information above, please contact our surgical coordinator:

Katharyn Chernicky: 248-659-0190