



Things to Know before Surgery

- Surgery times are tentative.
 - ✚ You will be called the day before your surgery with the surgery arrival time.
- Please make sure that you have a ride available the day of surgery **AND** a family member, friend, neighbor or caregiver to stay with you for 24 hours if you are having anesthesia.
- Please ask your doctor if you will have any restrictions following surgery. If you are partial weightbearing or non-weightbearing, you may need an assistive device.
- If a sling or brace is given to you at the clinic, please bring that with you to your surgery.

If you are on the following medications, please use the following criteria below on how long to hold unless directed by your physician:

If on **blood thinners** please **stop** following medications for:

Coumadin- 7 days

Xarelto- 72hrs

Plavix- 5 days

Eliquis- 72hrs

Pradaxa 3-5 days (anesthesia to give recommendation)

Lovenox 12-24 hrs (anesthesia to give recommendation)

NSAIDS/Aspirin no restrictions (unless specified by physician).

If on diabetic medications:

HOLD: all oral diabetic medications day of surgery. Take 80% of long-acting insulin the night before. Check blood glucose levels day of surgery in morning and call center if you are below 80 or above 200.

HOLD: Ozempic, Victoza, Mounjaro, Wegovy (or any GLP-1 meds) for 7 full days. **Take last dose a minimum of 8 days prior to surgery.**

If you are having a Total Hip, Knee or Shoulder: If you are taking famotidine or another PPI (i.e. Omeprazole), please take your regular dose with a sip of water the morning of surgery.

Please feel free to call the surgery center if you have any questions (530)399-7000.