

SURGERY INSTRUCTIONS

DR. THOMAS A. MCDONALD

As a standard rule, do not eat or drink anything past midnight the night prior to your surgery. This includes water, chewing gum, and hard candy. Do not smoke 24 hrs. before surgery.

If you must brush your teeth, please be sure to spit out both water and toothpaste. Do not swallow.

You may continue to take Aspirin, NSAIDS, as well as any rheumatology medication. However, you must discontinue Prednisone, Coumadin or Plavix.

You may take morning medications as directed with a small sip of water. **Please do not take any diuretics the morning of surgery.**

DIABETICS:

Do not take Insulin at home the morning of surgery. Bring your bottle of Insulin to hospital.

Do not take any oral Diabetes medication at home the morning of surgery. Bring your bottle of medicine to hospital.

On the day of surgery please bring a complete list of all medications you are taking including over the counter and herbal supplements. *Asthmatic patients need to bring their inhalers to hospital.

Bring comfortable clothes to go home; the easier the better. Remember, you may have a cast on your leg after surgery and will need to have clothes that will easily fit over it.

You cannot drive yourself home. Please arrange for transportation.

If you have any questions on these instructions, please call my secretary Pat at (413) 233-1124.

You should plan on arriving at the facility as instructed in the reminder phone call the day before. Arrival times may vary from the initial information given to you from our office due to scheduling changes/requirements.***

