

NSAIDs & Preoperative Checklist

Medications to STOP taking 2 weeks prior to Surgery. Do NOT continue until after your follow-up with Dr. Adcox. If you have any questions about a medication please do not hesitate to call us prior to taking it.

CHEMOTHERAPY & ALL BLOOD THINNERS: See your primary care provider. Ischemic heart disease, A-Fib, Heart Failure require cardiac clearance. COPD on O2 requires pulmonary clearance.

Common Antiinflammatories (NSAIDs)

Aleve (Naproxen), Aspirin
Celebrex, Indocin and Tivorbex
(Indomethacin)
Mobic (Meloxicam), Motrin, Advil
(Ibuprofen)
Toradol (Ketorolac), Voltaren
(Diclofenac)

Any herbal supplements including

Arnica, Fish Oil,
Ginkgo biloba, Iron
Turmeric, Vitamin E
Vitamin K
Phentermine- hold 4 days prior
Adderall, Ritalin, Dexedrine,
Concerta, Strattera
Vyvanse-hold 2 days prior

GLP-1 Agonists (hold 7 days)

Dulaglutide (Trulicity)
Exenatide extended release
(Bydureon bcise)
Exenatide (Byetta)
Semaglutide (Ozempic, Wegovy)
Liraglutide (Victoza, Saxenda)
Lixisenatide (Adlyxin)
Semaglutide (Rybelsus),
Mounjaro, Zepbound

PLEASE ADDRESS ALL OF THE CHECKED ITEMS IN THIS BOX PRIOR TO YOUR SURGERY

- Call and make an appointment with Physical Therapy at South Peninsula Hospital BEFORE your surgery date to get fitted for a back or shoulder brace (for RCRs only). 235-0370
- Call and make a post-op Physical Therapy appointment now for five days after procedure for all shoulder scopes, knee scopes and total knee replacements.
- Total Knee, Total Hip and Spine Surgeries: Get a **Front Wheeled Walker** from the Hospice Equipment Loan Closet. Their number is 235-6899. They are open Monday-Thursday 10-4 and Friday 10-2. Bring it with you to the hospital.
- Make an appointment with your Primary Care Provider (PCP) for a Preoperative Medical Clearance. You will need to obtain this before you can proceed with the surgery.
Your PCP: _____
- CT for TKA's: _____
- You will be notified once your postoperative pain medication is at the pharmacy. *Outpatient surgery only.*
- Arrange to have someone with you for 24 hours after your surgery. *Outpatient surgery only.*

INFORMATION ONLY, NO ACTION NECESSARY

- Preauthorization may be required for your surgery. It is possible your surgery may be delayed if preauthorization takes longer than expected.
- A nurse from the surgery department may call you **2-3 days** before your scheduled procedure to review your medical history. Please have all your medications with dosages available for this phone call.
- The hospital's Surgery Department will contact you again the **afternoon** before your surgery to pre-register and let you know what time to arrive for your procedure.
- Total Knee, Total Hip and Spine Fusions Only: You will need to get a special blood test 2-3 days prior to your surgery. The Surgery Department will contact you about scheduling this.
- Spine Cases: Intraoperative Neuromonitoring Information Sheet
- Total Knee Replacements Only:
 - You will require antibiotics prior to dental cleaning or procedures. Dr. Adcox's assistant will give you a card to keep with the information.
- If it would be helpful during the recovery period, we can request Meals on Wheels on your behalf.