



DAVID M. BELL, M.D. ORTHOPAEDIC SURGERY & SPORTS MEDICINE  
5924 STONERIDGE DRIVE, SUITE 202 PLEASANTON, CA 94588 925-600-7020 BELLSPORTMED.COM

## Pre-Operative Instructions

Patient name \_\_\_\_\_

Date of your procedure:	Location:	Time:	You need to arrive there at:
	<input type="checkbox"/> Hacienda Surgery Center, Pleasanton <input type="checkbox"/> Precision Surgery Center, Fremont <input type="checkbox"/> Stanford-Valleycare Hospital, Pleasanton		

### GETTING READY:

**Pre-Op Visit:** We will see you in the office before surgery to give you important information about your procedure. At that visit our patient accounts coordinator will also give you some information about your insurance benefits.

**Prescriptions for after surgery:** At that visit we also give you your prescriptions for pain medications to take after surgery. It is good to get your prescriptions filled before the date of surgery, so you will have them when you get home.

**Medications:** You will need to stop anti-inflammatory medications (Ibuprofen, Naprosyn, Advil, Motrin, Celebrex, etc.) one week before surgery since they can cause bleeding. Aspirin (Excedrin, etc.) needs to be stopped 2 weeks before surgery since its blood thinning effects last longer. If you are on other blood thinning medications such as Coumadin or Plavix, they need to be stopped five days before surgery.

**Medical Clearance:** Depending on your medical history, you may be seeing your internist or cardiologist for clearance before the procedure. We may also have you undergo some lab tests to help make sure you are safe for anesthesia.

**Anesthesiologist:** The anesthesia doctor will likely be calling you the night before surgery, to get your medical information from you and answer any questions you might have about anesthesia.

**Empty Stomach:** You MUST NOT eat or drink anything after midnight the night before surgery. No water, no coffee. You can take some of your essential medications (for blood pressure, heart meds) the a.m. of surgery with only a SIP of water.

Do not shave the body part beforehand- it will be done by the nurses on the morning of surgery.

**THE DAY OF THE PROCEDURE:** Here's what will be happening:

**Checking In:** It is important to arrive at the surgery center on time, and the nurses will check you in.

The nurses will shave and clean the area, and an IV will be placed. The anesthesiologist will use general anesthesia, which means you will be completely asleep and then wake up comfortably after the procedure is completed. There will be a comfortable area for your family and friends to wait for you if they would like to stay at the center. Dr. Bell will come and talk to your family or friends after the procedure is completed.

You will wake up in the recovery room after surgery. The nurses will watch you there for about an hour, then your family will be able to take you home. The nurses have crutches or a walker there to help you to your car.

**What to do after surgery:** You can find that info on your Postoperative Instructions sheet (specific for each procedure).

**Questions:** If you have any questions or concerns, please do not hesitate to call us at (925) 600-7020

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