

Non-Operative Reparative Treatments Pre-Procedure Instructions

Please inform your healthcare provider if any of the following applies to you

- You have experienced recent changes in your health
- You are taking blood thinning medications or are susceptible to bleeding
- You are pregnant or there is a chance you could be pregnant
- You have had a flu shot within the past 30 days
- You have a scheduled surgery or vaccination within a week of your scheduled procedure

Use of medications

Please inform your healthcare provider of any current medications, including prescription and over-the-counter medications, supplements, vitamins, etc.

Day of procedure:

- Continue with your use of prescription medications unless instructed otherwise by your healthcare provider
- Discontinue use of vitamins or supplements
- Wear comfortable and loose-fitting clothing. You may be asked to change into a gown during your procedure.

Blood-Thinning Medications

Prior to your procedure, adjustments may need to be made regarding your use of blood-thinning medications. These medications can impact clotting and bleeding. Your healthcare providers will determine whether changes need to be made, and if so when you can resume your normal routine.

To determine if medication you take can impact your clotting and bleeding, speak with your healthcare provider or pharmacist.

Corticosteroid Medications: Cortisone, Steroids, Prednisone

Prior to your procedure, adjustments may need to be made regarding your use of corticosteroid medications. These medications can disrupt the reparative process, as well as negatively impact your healing course.

To determine whether to continue use of corticosteroids, speak with your healthcare provider.

Pain Medications

Beginning one week prior to your procedure, do not take any anti-inflammatory products such as aspirin, ibuprofen (Advil and Motrin) and naproxen (Aleve and Naprosyn). These medications can impact your platelets.

You may take acetaminophen (Tylenol) unless you are instructed otherwise by your healthcare provider.

Please speak with your healthcare provider regarding which pain medications are approved to take.

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Food and drink:

- Do not consume alcohol for one week prior to your procedure
- Consume an increased amount of water for one week prior to your procedure, unless instructed otherwise by your healthcare provider

Smoking:

Smoking and inhaling second-hand smoke interferes with and prohibits the healing process after your procedure. If you would like to stop smoking and are seeking help in doing so, speak with a member of your care team and they will provide you with options.

Rescheduling your procedure:

If you need to reschedule your procedure, please contact your healthcare provider.

Infection:

Your procedure will need to be rescheduled if:

- You have taken antibiotics the day of your procedure
- OR**
- You exhibit signs of infection within one week prior of your procedure

Please inform your healthcare provider right away if you experience:

- Temperature of 100.4 degrees Fahrenheit or greater
- Body aches or chills
- New or worsening cough
- Burning sensation when urinating

See “Possible Side Effects and Complications- When to Seek Help” for further details and instructions.

Questions

Southeast Orthopedic Specialists is dedicated to your outcome. If any questions or concerns arise, please call Southeast Orthopedic Specialists at 904.634.0640.