



PRE-OPERATIVE CHECKLIST

- Diabetic Patients:** Do not take insulin or oral diabetic medications the morning of surgery.
- All **Asthma patients** must bring their inhalers.
- STOP** all anti-inflammatories (Advil/ibuprofen, Aleve/naproxen, aspirin), multi-vitamins, fish oil, and any herbal supplements 7-10 days prior to surgery.
- STOP** anticoagulants such as Plavix and Coumadin prior to surgery. Your primary care physician should educate on when to discontinue these medications, usually 5-7 days prior to surgery.
- Rheumatoid Arthritis Patients:** Please stop all disease modifying rheumatoid medications (DMARDs) for two weeks prior to surgery, and two weeks following surgery and discuss this decision with your rheumatologist.
- NPO** – Nothing to eat or drink after midnight the night before the scheduled surgery. No water, food, gum, candy mints, coffee, etc.
- No smoking or chewing tobacco after midnight, the night before scheduled surgery.
- Brush teeth, rinse but do not swallow the water.
- Patient may not drive themselves home.** You must have a ride home provided by a family member, friend, or other responsible adult.
- Clothing:** Please wear loose clothing such as a loose button up short sleeve shirt.
- Shower the night before and the morning of your scheduled surgery using chlorhexidine soap. More information on the chlorhexidine soap is provided on the following page.
- Do not wear makeup, cologne, lotion, powder, jewelry or any body piercings.
- Patients having shoulder surgery should **not** wear deodorant
- Do not glue in dentures the morning of surgery. Dentures and contact lenses are to be removed before surgery.

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