



**OKLAHOMA  
THROWING ATHLETE  
ASSOCIATION**

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## **Preoperative Instructions**

Surgery Date: \_\_\_\_\_ Hospital: **BONE & JOINT HOSPITAL**

1. **DO NOT have anything to eat or drink after midnight prior to your surgery unless given specific instructions to do so.** You may have a sip of water with any heart, blood pressure, thyroid or breathing medications. Take these medications at the time you normally take them. The surgery facility should call you and go over your medications before your surgery.
2. Shower normally the evening or morning prior to your surgery. **DO NOT** apply any lotions, make-up, or perfumes to the operative area prior to surgery.
3. If you develop any **major** rashes, cuts, burns or abrasions on the operative extremity prior to surgery, let the office know by phone in advance of your surgery date.
4. **The pre-admission department will call you THE DAY BEFORE your surgery (in the afternoon) to let you know what time to check-in.** If you do not hear from them by 4pm or are going to be away from your phone, please call the appropriate number below to inquire about your time to check-in.
  - **Bone & Joint Hospital 1111 N Dewey OKC, OK 73103 – 405.979.7701 OR 405-272-6608**
5. You will receive your next post-operative appointment the day of surgery. If you are not able to keep your scheduled post-operative appointment, please call our scheduling department at 405.218.2530 or send us a MyChart message.
6. You will need to plan for a responsible adult to drive you home after surgery and stay with you for the first 24 hours. They must be at least 18 years or older.
7. If you suspect you are or may be pregnant, please notify our office. Anesthesia and medications may be harmful to a developing fetus.
8. If you experience any health changes between your last visit and time of your surgery, please notify our office immediately. Please report any minor changes such as fever, cold or cough. A Physician is on call 24 hours a day for emergencies and may be reached through our answering service by calling 405.218.2530. **This is for after hours and weekends!**
9. **Prescriptions received the day of your surgery are intended for post-operative care and must last you until your first post op appointment.**
10. **Medications to avoid 7 days prior to your surgery will include: (This is not a complete list, so please call your pharmacist or physician if you have any questions.)**
  - **Aspirin, NON-Steroidal Anti-Inflammatory – Examples: Advil, Aleve, Daypro, Feldene, Lodine, Ibuprofen, Indocin, Motrin, Naproxen, Napryson, Nuprin, Oruvail, Phentermine, Relafen and Voltaren.**
  - **Semaglutide injectables: semaglutide, Dulaglutide/Trulicity, Ozempic; Tirzepatide/Mounjaro, Zepbound, and Wegovy**
  - **Evista** should be stopped **3 days** before surgery.
  - **Glucophage** should be stopped **2 days** before surgery. For instructions on your Insulin please contact the doctor managing your diabetes.
  - You may take **Tylenol** for pain. If you are taking prescription pain medications that do not contain aspirin, you may continue to take it until the day of surgery.
  - If you are currently taking **COUMADIN, ELIQUIS, TICLID, PERSANTINE, TRENTAL, PLETAL, PLAVIX, or WARFIN** we ask that you discontinue it **7 days** before your surgery unless you have been instructed otherwise by your physician. If a clearance request is needed, please call our office with the doctor's name and phone number.
  - If you are currently taking **Oral Steroids**, we ask that you **DO NOT STOP** taking these medications unless otherwise instructed by your physician. **Examples: Deltasone, Prednisone, Medrol, and Methylprednisolone.**
  - If you are currently taking any of the following HERBS – Ginger, Garlic, Vitamin E, Omega 3 fatty acids or Gingko Biloba we ask that you **stop them 2 weeks before** your date of surgery.