

# VIRGINIA TECH SPORTS MEDICINE

## SURGERY INFORMATION HANDOUT

### PRE PROCEDURE VISIT

Date/Time: \_\_\_\_\_

At the office of: \_\_\_\_\_

Please bring the following:

- ✓ Any papers your athletic trainer or physician gave you to bring
- ✓ List of your current medications
- ✓ List of any/all allergies
- ✓ Insurance information
- ✓ Copies of medical records (MRI/x-ray reports etc.)

### IMPORTANT PHONE NUMBERS

VT Athletic Training Room: (540) 231-6410

Dr. Siegel's Office: (540)951-6000

Dr. Farmer's Office: (540) 772-3530

Other Physician: \_\_\_\_\_

Athletic Trainer: \_\_\_\_\_

Montgomery Regional Hospital: (540) 951-1111

Kroger Pharmacy: (540) 951-4136

Other Hospital: \_\_\_\_\_

**SURGERY DATE:** \_\_\_\_\_

**SURGERY TIME:** \_\_\_\_\_

### SPECIAL INSTRUCTIONS

### DAY BEFORE SURGERY

- Call the hospital the day before your procedure between the hours of 2 and 4:30pm to receive your **arrival time**. (540)953-5390 OR 1(888)893-4699
- Pick up medications prescribed by surgeon for after surgery.

### DAY OF SURGERY

**TAKE NOTHING BY MOUTH AFTER MIDNIGHT.** (do not eat or drink anything for breakfast or lunch before arriving at the hospital).

1. If your arrival time is later in the day you may have **clear liquids** until \_\_\_\_\_, then nothing by mouth.
2. The following medications may be taken the day of surgery: \_\_\_\_\_
3. You may brush your teeth but do not drink any of the water.
4. If you begin to feel sick (i.e. cold, sore throat, fever) notify your athletic trainer/doctor.
5. Take a shower or bath the night before.
6. **Initial your surgical site with an ink pen.**
7. Make sure to be on time!!! (if you're late your surgery may be cancelled!!!!)
8. **Confirm a ride to and from the hospital – you will not be allowed to drive following your procedure!!!!**

### WHAT TO WEAR

- Wear loose fitting clothing and socks.
- You may wear deodorant
- Do not wear make-up, lotion, powder, nail polish (fingers or toes), or jewelry.
- Leave all valuables at home.
- Removable bridgework/dentistry etc. ; contacts will be removed prior to surgery. (bring contact case)

### ONCE RELEASED FROM THE HOSPITAL

- Make sure to keep track of your pain medication and do not allow yourself to fall behind on taking the medication, especially during the first 24 hours.
- *it is much easier to control the pain than it is to get pain back under control once it has started to rise.*
- *It's sometimes a good idea to set an alarm and keep the medication next to your bed so you can wake yourself up to take it and prevent waking up in pain.*
- Keep your limb elevated and continue to ice the area at least 20 minutes out of every hour to control inflammation. Expect to spend at least 24-48 hours resting.
- When you are ready to report for treatment and begin rehab in the athletic training room contact your athletic trainer and schedule an appointment.
- Remember you will need to report for a follow-up appointment with the orthopedic surgeon within one week of surgery to follow-up.

### WHAT TO EXPECT THE DAY OF SURGERY

1. Upon arrival at the hospital check in at the front desk as you would for any standard procedure.
2. You will be checked in at registration and escorted to outpatient services.
3. At outpatient services you will be given a room to keep your belongings and instructions for pre-surgery paperwork. You will also have your IV started at this point.
  - a. At this point parents/friends will be allowed to stay with you during this time.
4. Once you have changed and the surgeon is ready for your procedure you will be taken to pre-surgery holding.
  - a. You will be allowed to have one person with you in holding until you are taken back to the surgical room for your procedure.
5. In surgical holding you will be introduced to surgical staff who will be in the room during your procedure and check in with your surgeon.
6. Anesthesiologist will meet with you and begin the required medications through your IV.
7. When the room is prepared and surgical staff ready you will be taken back to the room and given general anesthesia unless you have been otherwise directed.
  - a. Your friends/family will be escorted to the waiting room.
8. Once your procedure is completed you will be taken to the recovery room. Any family waiting for you in the waiting room will be contacted by the surgeon.
9. Once you have come out of anesthesia you will be taken back to the room you were given prior to surgery where your family/friends can meet you until you are released

### POST-SURGICAL CONSTIPATION

After surgery, medications and immobility can cause constipation. Here are some helpful tips to assist in preventing this common problem.

- Drink 6-8 glasses of water daily. Eat plenty of fruits and vegetables.
- Be aware of your bowel pattern. If you notice changes, then take action! If you miss 2 or 3 or your usual bowel movements, or you begin to feel uncomfortable, you may need a gentle oral laxative or stool softener.
- Eat light meals 2 days prior to your surgery.
- Do not take laxatives the day before or the day of your surgery.
- Enemas are not given prior to surgery, so you will be much more comfortable if your bowels are regulated prior to surgery.

After surgery, most people do not move their bowels for 2 or 3 days. This is normal, as anesthesia and other medications slow down bowel activity. Most people have decreased oral intake and decreased activity the first few days after the surgery. These factors also result in decreased bowel activity.

Bowel patterns return to normal after surgery when physical activity increases, appetite returns to normal, and you are able to stop taking pain medicines.

If your bowels have not moved or you feel uncomfortable 3 days after surgery, or if you have any other questions or concerns, please call the Sports Medicine staff using the numbers above.