

SPEAKING OF... WHAT TO KNOW ABOUT SURGERY

Here are reminders about what to do before and after your surgery. **Before surgery:**

___ Ask the nurse or surgeon if there are any special instructions for you or your family/caregiver

___ Tell the surgeon and providers about **all** the medicine you take, even the ones you take without a prescription.

___ Ask if you should stop any medicine before your surgery.

___ Ask when you need to stop eating and drinking before your surgery

___ If you smoke, talk to your surgeon. You may need to stop smoking for a time before and after surgery.

___ Make sure there is an adult family member or friend who can give you a ride to and from your surgery.

___ Just before your surgery you may have an IV so you don't dehydrate, The surgery team will ask you your name, what surgery you are having and where the surgery is on your body. You may be asked more than once.

___ You will have anesthesia, which will make you relaxed and drowsy.

After Surgery: You will have instructions about how to position your body when in bed or a chair

___ You may need to use ice to keep pain and swelling down.

___ Make sure you or your family member ask about your dressing and when you can shower or bathe

___ Be sure to go to your follow up appointment with your surgeon. You can ask the surgeon when you can return to work, or driving, or sex

___ Do the exercises and physical therapy that you are shown in the office or the surgery center.

___ Call the Office if you have bad pain or feel something isn't right.

Speaking Of... is a free education series from the **National Association of Orthopaedic Nurses (NAON)** about medical conditions of the bones and joints, in plain language



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