



Surgeon: **Richard McCormack, MD**

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## Surgery Instructions

### DAY BEFORE SURGERY

**1. INFORM YOUR SURGEON:** Please let us know if you have any of the following before your day of surgery:

- Fever
- Rash near the planned surgical site
- Any open wounds in the extremity
- Productive cough

**2. SHAVING:** Do not shave your legs or the planned surgical site the day before or the day of surgery. Shaving with a razor causes skin abrasions and microscopic cuts that can increase the risk of infection. Should it be necessary to remove hair near the planned surgical site, the surgical team will do so using clippers immediately before surgery.

**3. BATHING:** On the evening before surgery, or the morning of surgery, please take a shower or bath using chlorhexidine (Hibiclens®) soap. This special soap is available at most retail pharmacies as an over-the-counter item. Bathing instructions will be given during your pre-admission testing visit.

**4. FOOD AND DRINK:** Do not eat after midnight (12:00 am) the day before your surgery you can still drink only water up to 2 hours before your scheduled arrival time. Please drink plenty of fluids the day before surgery.

**5. DO NOT SMOKE:** Smoking or using nicotine products (i.e., cigarettes, cigars, gums, or patches) has been shown to increase risk of complications following surgery. They can inhibit bone and wound healing, they can also increase the risk of blood clots, causes bronchial irritation and may increase the likelihood of breathing problems during anesthesia.

**6. SLEEP APNEA:** If you have Sleep Apnea and use a Sleep Apnea device, please bring your device and a record of the settings you normally use. Patients with sleep apnea are generally required to stay overnight in the PACU to be monitored and observed.

**7. SURGERY REPORT TIME:** The hospital will contact you the day before surgery to confirm your report time. All patients must report early even if their surgery is not until the afternoon. This is because first cases can be delayed, and second cases must be ready to go.

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### THE DAY OF SURGERY

#### CARBOHYDRATE BEVERAGE

- The morning of your surgery you are to drink 20oz of a carbohydrate beverage, such as Gatorade or a similar sports drink, avoid red or purple color.
- For Diabetics drink 20oz of water
- The drink must be finished two hours prior to arrival at the hospital

#### WHAT TO BRING TO THE HOSPITAL? - Checklist

- **Legal picture identification:** driver's license, passport, birth certificate, social security card, green card/permanent resident card, military i.d.)
- **Insurance card**
- **VERY IMPORTANT:** Be sure to bring any/all CD/Films (as instructed by office staff)
- **Medication list:** Please bring a written and updated list of all medications with their dosages. This includes all prescriptions, over the counter and herbal medications that you are currently taking on a daily basis
- **Clothing:** Please wear loose, comfortable clothing on your day of surgery
- **Glasses:** If you wear glasses, bring a case in which to secure them during your procedure. Do not wear contact lenses
- **Living will or advanced directives:** Please bring a copy if previously completed
- **Shoes:** Flat, supportive, non-slip walking shoes
- **Personal toiletries**
- **Pacemaker/AICD card/information**
- **Dentures:** with case and labelled with your name and birthdate for storage
- **Hearing aids:** with case and labelled with your name and birthdate for storage
- **CPAP machine:** for sleep apnea, if you are using one
- **Ice machine**

#### PLEASE DO NOT BRING

- **Valuables:** Leave your valuables at home for safekeeping. Do NOT bring credit cards, money, jewelry, cell phone or other electronic device. If you do bring valuables, or electronic devices ask family and friends to keep them for you during your operation
- **Medication:** unless instructed by your doctor