

Kevin Ko, M.D.

Your surgery is scheduled for _____. Please report to the **Swedish Orthopedic Institute/Seattle Surgery Center** by _____am/pm. Your surgery should start approximately **1/2 hours following admission**. Surgery and check-in times are subject to change **due to cancellations and emergency conflicts**. You will be notified as early as possible of any changes. We appreciate your flexibility. Please do not schedule any flights a minimum of one month after your surgery, and dental work or cleanings a minimum of three months after your surgery.

Unless instructed otherwise, please call 206-386-2600 x5010 to schedule your pre-operative visit within one week of surgery, and your post-operative visit for 8-10 days after your surgery. Both of these appointments will be with Dr. Ko at OPA Orthopedics.

PRE-OPERATIVE DIET INSTRUCTIONS:

- DO NOT HAVE ANYTHING TO EAT OR DRINK PAST MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.

PRE-OPERATIVE MEDICATION INSTRUCTIONS:

Unless specifically instructed otherwise by Dr. Ko, your primary care provider, or the anesthesiologist, please observe the following guidelines before surgery:

- Five (5) days prior to surgery stop aspirin and all aspirin-containing medicines (e.g., Anacin, Excedrin), **and** all non-steroidal anti-inflammatory medications (e.g., etodolac [Lodine], ibuprofen [Advil, Motrin], ketorolac [Toradol], naproxen [Aleve], Mobic [Meloxicam]).
 - Tylenol is an acceptable replacement for aspirin or anti-inflammatory medications
- If you take **Coumadin, Palvix** or other blood thinning medication, please contact the prescribing physician to discuss when to stop these prior to surgery.
- On the morning of your surgery:

You should take all of your other usual morning prescribed medicines with a small sip of water. Use your asthma inhalers and bring them with you to the surgery center.

DIABETIC/INSULIN INSTRUCTIONS:

The Surgery Center or hospital will contact you prior to your surgery date to give you special instructions related to your oral anti-diabetes medicine or your insulin.

CHANGES IN HEALTH STATUS:

Notify Dr. Ko at 206-386-2600 ext 141 if you experience any significant change in your health status, if you suspect you are pregnant, or develop a cold or influenza, a bladder infection, diarrhea, or other infection before your surgery.

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ON THE DAY OF SURGERY:

- You may brush your teeth; rinse your mouth out but do not swallow the water.
- Do not wear any makeup. Please remove all fingernail and toenail polish.
- Please remove all jewelry including your wedding ring if you are having shoulder or elbow surgery. *If you cannot remove your ring, please see a jeweler to have it removed before surgery.*
- Wear comfortable clothing, something that will be easy to get on and off and will fit over any bandages or braces that you may have after surgery. Zip-up hoodies and large button-up shirts work well.
- If you wear contact lenses, glasses or hearing aids, please bring a case or container, and the solution for contacts, to protect them while you are in surgery.
- Please have a bath or shower before your surgery. This will minimize the risk of infection.
- Minors (anyone less than 18 years old) must be accompanied by a parent or legal guardian to sign the operative consent form and discuss anesthetic risks with the anesthesiologist.
- Prior to surgery, the anesthesiologist will discuss with you the anesthesia most appropriate for your medical condition and procedure. If you wish to speak with the anesthesiologist before your day of surgery, you may contact U.S. Anesthesia Partners at 206-625-0578 x113.
- **After your surgery, you must be escorted/driven home by a responsible adult. You may take a taxi cab or Uber/Lyft if accompanied by a responsible adult who can stay with you after the driver departs. You need to have someone stay with you after surgery.**
- **If you have any questions about anything discussed, please call Stephen at 206-386-2600 x141 and he can assist you.**