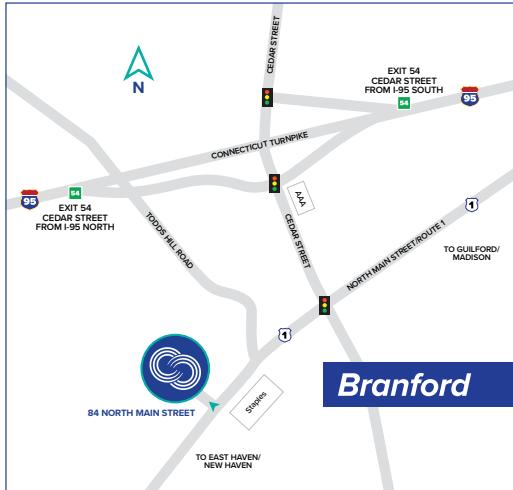




Pre-Surgery Information & Preparation Checklist

Connecticut Orthopaedics

Notes:



The logo for Connecticut Orthopaedics. It features a stylized graphic of three overlapping, curved teal and blue lines on the left. To the right of the graphic, the word "Directions to" is written in a small, dark blue, sans-serif font. Below this, the words "Connecticut Orthopaedics" are written in a large, bold, dark blue, sans-serif font.

From the South:

- Take I-95 North toward New London to Exit 54 toward Branford/Cedar Street.
- At the end of the ramp, turn right onto Cedar Street (CT-740).
- Turn right onto North Main Street (US-1).
- Drive 0.2 miles, then turn right into the Connecticut Orthopaedics parking lot.

From the North:

- Take I-95 South toward New Haven to Exit 54 toward Branford/Cedar Street.
- At the end of the ramp, turn left onto Cedar Street (CT-740).
- Turn right onto North Main Street (US-1).
- Drive 0.2 miles, then turn right into the Connecticut Orthopaedics parking lot.

Preparing for your Surgery



Connecticut Orthopaedics

Specialist Outpatient Surgical Center
84 North Main Street, Building 2
Branford, CT
203.483.2509 • ct-ortho.com



Welcome to the Connecticut Orthopaedics Specialist Outpatient Surgical Center in Branford

Connecticut Orthopaedics is the largest privately-owned orthopaedic practice in New England. Our state-of-the-art outpatient surgical center is designed, equipped, and staffed to provide the highest quality surgical orthopedic care. To assist in preparing for this one-day procedure and make your stay as comfortable as possible, please read these instructions and use the "Pre-Surgery Information & Preparation Checklist" to write in important information and any other instructions you may receive.

If you have questions regarding any information in this pamphlet or your medications, please call **203.483.2024**, Monday - Friday, 8:00 a.m. - 4:00 p.m. and ask to speak to a nurse.

Planning for your Surgery

- You will need medical clearance from your Primary Care Physician (PCP) **within 30 days of your surgery date**. You should arrange an appointment with your PCP within that time frame as soon as possible.
- Your doctor may order preoperative tests, such as blood work and/or an EKG. Depending on your medical history, you may need additional tests or consults.
- A nurse from the Center will call you prior to surgery between the hours of 9 a.m. and 4 p.m. with your preoperative instructions and questions regarding your medical history. If we are unsuccessful in making contact with you directly, we will leave a message. Please remember to check your messages.
- **You are required to have a responsible adult drive you home and remain with you for the first 24 hours after surgery. Your surgery will be canceled if you do not have these arrangements in place.** You cannot drive or be left alone. You cannot use public transportation or walk home.
- **On the day before surgery, call 203.483.2024 between 9 a.m. and 2 p.m. to find out what time to arrive for your surgery.** If your surgery is on Monday, please call on the previous Friday. The time is not available prior to that day. It is important to keep the entire day available as we may not be able to accommodate a specific time request.
- Call your surgeon if there is any change in your physical condition such as flu, fever, or injury to the operative area before your surgery.

Day of your Surgery

- Please bathe or shower prior to your surgery. Remove all makeup, and do not use lotions, creams or oils after bathing.
- Please remove all jewelry and body piercings prior to coming to the Center. If not, we will ask you to remove them.
- Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by the Surgical Center staff. This includes water, candy, mints, gum, chewing tobacco, and ice chips.
- If you are instructed to take medication, please take it with only a sip of water. Failure to follow these instructions may result in cancellation of your surgery.
- Leave all valuables, including jewelry or cash, at home.
- Do not wear contact lenses.
- Be prepared to sign forms giving your consent for anesthesia and the operation. Be sure to bring a valid photo ID and insurance card. If you are under 18, a parent or legal guardian must accompany you, sign the consent form, and remain at the Center during your surgery.
- For the privacy and comfort of all patients, the recovery room may only be able to accommodate one visitor at a time.
- For privacy reasons, taking pictures and videos is discouraged, per policy.

For important resources such as Patient Rights and Responsibilities and other helpful information, visit our website: ct-ortho.com/patient-resources or scan this code.



Pre-Surgery Information & Preparation Checklist

Connecticut Orthopaedics

My surgery is scheduled for:

I must arrive at:

I must **not** have any solid food after:

I must **not** have any clear liquids after:

Clear liquids include black coffee, black tea, any soda, broth, apple or cranberry juice, jello or water

My allergies are:

My medications and dosages are: