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ORTHOPEDIC SURGERY & SPORTS MEDICINE

Non-Arthroplasty Surgery — Quick Prep Sheet

"I would rather you call ten times for nothing than guess once on something that matters." — Dr. Allred

YOUR MOST IMPORTANT TASK

Take the Surgery Prep Class

A short online class that walks you through everything — videos, checklists, and a quick knowledge check. Point your phone camera at the code.

darinallredmd.com/surgery-prep

Scan →

As soon as surgery is scheduled

- ☐ **Line up your ride home and a helper** — someone must drive you and stay with you the first night, or we may have to postpone.
- ☐ **Schedule a history & physical (H&P)** with your primary provider — required before anesthesia.
- ☐ **Tell us every blood thinner you take** (Coumadin/warfarin, Eliquis, Pradaxa, etc.). Do not stop them on your own — ask your primary provider whether and when.

Two weeks before

- ☐ **Start protein and vitamins:** about 120 g protein a day (women) or 150 g (men), plus Vitamin C 1,000 mg, Vitamin D 5,000 IU, and magnesium glycinate 400 mg daily.
- ☐ **Lower your risk:** stop smoking, eat well, keep diabetes well controlled.

One week before

- ☐ **Stop aspirin and anti-inflammatories** (ibuprofen, Aleve, Motrin, etc.). Tylenol is OK.
- ☐ **Stop herbal products and supplements** — keep the Vitamin D and magnesium. Rheumatoid arthritis patients: ask your rheumatologist about your medicines.
- ☐ **Buy CHG soap** (chlorhexidine / Hibiclens 4%) — the washes start 3 days before surgery.

Three days before

- ☐ **CHG wash daily** from the neck down, for the 3 days before surgery plus the morning of. Clean washcloth, towel, and clothes each time; clean sheets the night before.
- ☐ **No shaving below the neck**, and no lotion, deodorant, powder, or perfume after the washes.

The night before & the day of surgery

- ☐ **Nothing to eat or drink after midnight** — including coffee, water, gum, and mints.

- [ ] **The night before, eat about 100 g of healthy carbs** (about 5 slices of whole-wheat bread). Diabetic patients: skip this if it raises your blood sugar.
- [ ] **Morning CHG wash. Remove nail polish and all jewelry**; leave valuables home; wear loose clothes that fit over a brace or splint.
- [ ] **Take routine medicines with a small sip of water** — except diabetes medicines: hold those and bring them along. Bring your crutches or brace if you have them. Sign in at your scheduled time.

Want every detail? Print the full Non-Arthroplasty Pre-Op Instructions from darinallredmd.com (Protocols → Pre-Op), or take the class above. **Questions?** Call the clinic where your surgery is scheduled — it is always better to ask than to guess.