



200 McAuley Court  
Hot Springs, Arkansas 71913  
(501) 623-4485  
Fax (501) 623-4480

DR. DARON PRAETZEL  
DR. AARON BALDWIN

## PRE-OP INSTRUCTIONS FOR SURGERY PATIENTS

**\*\*DO NOT EAT OR DRINK ANYTHING AFTER 8 PM THE NIGHT BEFORE SURGERY\*\*** (This includes gum or candy)

**\*\*NO NICOTINE, TOBACCO OR MARIJUANA THE MORNING OF SURGERY\*\*** (This includes chewing tobacco)

You **MAY NOT** drive yourself or take a rideshare or cab home from your surgery. Make arrangements for someone to drive you home. Your driver and the car must remain on our property for the entire duration of your surgery.

You **MUST** have someone remain on the property while you are having your surgery. They may wait in the waiting room or in their car. For patients under 18, a parent or legal guardian (through the court) will have to sign the surgical consent form and remain in the office during the procedure.

**ALL** jewelry, piercings (tongue, lip, nose, ear rings) and dentures need to be removed prior to surgery.

**NO** weapons including pocket knives allowed in the surgery rooms.

**NO** cell phones or smartwatches permitted in the surgery rooms.

Wear loose fitting clothing. If wearing long sleeves, they must be able to be rolled up past the elbow. No turtlenecks or hoodies please.

Do not wear lipstick, heavy makeup, lotion, or perfume on the day of surgery.

Please brush your teeth the morning of surgery

### **INSTRUCTIONS FOR MEDICATIONS:**

If you currently take any medications, please bring a medication list with you to your surgery.

If you take prescription medications for blood pressure or a heart condition, **TAKE these meds with a very small sip of water the morning of surgery.** In addition, any seizure medications, thyroid or medications for Parkinson's disease can also be taken the morning of surgery. **\*DO NOT** take any anxiety or pain medications unless cleared by your surgeon.

**If you take any blood thinners or bone medications please notify your surgeon.**

If you have asthma or COPD and use an inhaler, please use morning of surgery.

**DIABETICS:** If you are diabetic and take oral medications such as Metformin, skip your morning dose and resume after surgery. If you take **INSULIN-take 1/2 of your normal dose the night before surgery and NONE the morning of surgery.** Take a fasting blood sugar morning of surgery and notify the nurse of your reading.

**PRE-MEDS** - Antibiotic prophylaxis prior to dental or oral surgery is no longer required in all total joint replacement patients. Pre-op antibiotics should only be considered if required by your orthopedic surgeon.

Antibiotic prophylaxis is only indicated for prosthetic heart valves, congenital heart disease or those at risk for infective endocarditis. Consult your cardiologist if you have any questions regarding pre-medications.

You should not drive a vehicle, operate any machinery or make any legal decisions for 24 hours following anesthesia. If you have had any changes in your medical history or medications since your previous visit, please contact our office. If you have an illness such as a cold, sore throat, stomach or bowel upset - please notify our office. **IF AN UNFORSEEN CIRCUMSTANCE REQUIRES YOU TO CHANGE OR CANCEL YOUR SCHEDULE APPOINTMENT, WE ASK THAT YOU PROVIDE 48 HOURS NOTICE.**

If you have any questions regarding these instructions please call our office 501-623-4485.