



ORTHOPEDICS
AND SPORTS MEDICINE
LIFE BACK IN MOTION

SURGERY DATE: _____

SURGEON: Dr. Goradia

LOCATION:

St. Francis Medical Center – 13700 St Francis Blvd, 2nd Floor, Midlothian VA 23114

Other: _____

SURGERY ARRIVAL TIME: The hospital will notify you of your surgery time and exactly what time to arrive at the hospital on the day before your surgery. They will call the in the AFTERNOON between 12-7pm the day before your surgery.

Pre-Admission Testing (PAT) is required.

PAT is a series of tests that may be required for anesthesia. This testing is done at the hospital.

St Francis will contact you a week or two prior to your surgery to get scheduled for a PAT appointment.

MEDICAL OR CARDIAC CLEARANCE IS REQUIRED based on your medical history with Dr. _____ and this must be done within 30 days of surgery. You are responsible for scheduling this. Have clearance faxed to G2 Orthopedics and Sports Medicine at 804-377-1246.

ANESTHESIA:

- You will receive general anesthesia, which means you will be fully sedated.
- You will receive spinal anesthesia
- You will receive a pain block prior to surgery which will help decrease your pain after surgery. The anesthesiologist will discuss this with you prior to your surgery.
- Other: _____

PHYSICAL THERAPY after surgery has been ordered by Dr. Goradia

It will begin on _____ at _____ which is set up by our office

Your surgery is:

- Outpatient** and you will usually leave 1-2 hours after surgery
- 23 Hour Observation** meaning you will stay overnight
- You will be **admitted** to the hospital for one or more days

PRESCRIPTIONS: You will be given a prescription for pain medicine and a prescription for nausea. Some patients have some nausea after surgery due to the medication and anesthesia.

Norco _____ mg (pain) Zofran (nausea) Oxycodone _____ mg (pain)

Tramadol Other _____ You may be instructed to buy and take Tylenol and/or Aspirin

PREPARATION FOR SURGERY

DO NOT EAT OR DRINK ANYTHING AFTER 12 MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. This includes water, ice, mints, gum, coffee, juice, etc.

Please arrange for an adult to drive you home after surgery. You will not be allowed to drive yourself home, take a cab or use any public transportation. You **MUST** have a responsible adult to stay with you the first 24 hours after surgery if you are going home the same day. You will not be allowed to have surgery unless arrangements have been made prior to your arrival.

Stop all Aspirin 7 DAYS before surgery. Stop all anti-inflammatories such as Ibuprofen, Advil, Aleve and Motrin 3 days prior to surgery. You may take Tylenol. Stop all herbal supplements 1 week prior to surgery. The nurses at pre-admission testing will let you know which other medications to stop.

*****PLEASE LET US KNOW IF YOU ARE ON ANY BLOOD THINNERS!!!*****

DAY OF SURGERY

Do not bring valuables, money, credit cards, jewelry, cell phones, pagers, checkbooks, wallets or purses to the surgery area.

Do not wear makeup, particularly mascara, or nail polish. All body piercings, rings and jewelry need to be removed and left at home. No ponytails, buns, hairclips or metal hair accessories. Do not apply lotions, powder or deodorant the morning of surgery.

Wear glasses instead of contacts and bring a case for any removable oral appliances.

Wear **comfortable clothing**, which can be placed into a bag during your surgery. For shoulder surgery wear a loose-fitting button up shirt as you will not be able to raise your arm overhead. For lower extremity surgery wear loose-fitting pants or shorts.

(Ice/Compression): If recommended by the hospital, an ice wrap will be given to you at the hospital. This is yours to keep after surgery. **You do not need to bring it or wear it back to the office.**

WORK NOTES & FORMS: Please do not bring any disability forms/work forms, etc. with you to surgery. The hospital cannot help you with these forms nor give you an excuse note. Please have them faxed to G2 Orthopedics and Sports Medicine at 804-377-1246 OR email to info@g2orthopedics.com. **These take 7 business days to complete and there is a \$15 Form Fee for 1-2 pages or \$25 for 3+ pages.**

Your follow up appointment will be scheduled by our office, and an appointment card will be given to you in your instructions following surgery.

For all Questions / Concerns please contact:

Call the Surgical Coordinator at 804-678-9000 send a message through your patient portal.