



## Preparations for Shoulder Surgery

**You are currently scheduled for shoulder surgery at Sacred Heart Hospital by Dr. Kirby L. Turnage III, MD**

**Here are some important things you need to know.**

- If you have any significant medical issues such as heart disease, uncontrolled hypertension or diabetes, or severe pulmonary disease then you will need medical clearance from your primary care provider or your specialist. You are responsible for getting in touch with your provider to obtain the clearance. **Failure to do this in a timely manner could result in cancellation and rescheduling of your surgery.**
- **Medications:** Do not take any NSAIDS (Motrin, Aleve, Ibuprofen), aspirin, Goody or BC powders for 7 days before surgery unless specifically directed by your physician. **If you are on an anticoagulant such as Plavix, Coumadin, or Xaralto you will need clearance from your cardiologist before stopping your medication.**
- **Herbal supplements/vitamins:** Stop taking any oil based vitamins at least 10 days before surgery. These include vitamin A, E, Fish oil, and Flaxseed oil. Stop herbal supplements 10 days prior to your surgery.
- You are strongly advised to avoid use of alcohol or large amounts of caffeine on the day before surgery. You are encouraged to drink plenty of water, juice or sports drinks on the day before your surgery to avoid dehydration.
- **On the day of your surgery:**
  - **Patients are encouraged to shower using an antibiotic soap such as Dial. Do not wear deodorant on the surgical side.**
  - It is important that you arrive on time. The hospital or Catie, Dr. Turnage's nurse, will call with your arrival time. The easiest way to get to the check in is to park in the Brent Lane parking garage and enter the hospital on the 2nd level (surgery center). Sign in at desk and have a seat in the waiting room until your name is called.
  - It is strongly recommended that you leave your valuables and jewelry at home.
  - You will need someone to stay at the hospital during your surgery and you will need transportation home.
  - Nothing to eat or drink after midnight on day of surgery, unless specifically directed. You may take any blood pressure meds normally taken in the morning with a tiny sip of water.

**If you have any questions or need to make a change in your surgery date, please contact Dr. Turnage's nurse, Catie Brokaw at 494-9000.**