

## ***Important Preoperative Instructions for Dr. Gilotra's Patients***

- **3 weeks before surgery**- Please schedule your pre-op testing to be done by your physician or by the Midtown Pre- op Center. **Do not schedule this appointment until you have a surgery date. Testing is only good for 30 days.**
- **2 weeks before surgery**- Please notify Dr. Gilotra' s office where you have had your pre-op testing done. Your contact is Linda Harper, 443-462-5903
- **1 week before surgery**- Please stop taking all anti-inflammatory medications such as Motrin, Ibuprofen, Naprosyn, Aleve, and Celebrex etc. If you are on any blood thinners such as aspirin, Coumadin, Plavix and or Xarelto etc., please consult with your physician as to when and if you can stop these medications before surgery. If you are stopping any of the blood thinning medications prior to surgery, please consult with your physician as to whether you will be required to bridge with Lovenox before surgery. Please contact Dr. Gilotra' s office if you require bridging with Lovenox before surgery.
- **1- 2 weeks before surgery**- Please notify Dr. Gilotra' s office if you are sick, or need to cancel your surgery for any reason.
- **1 week before surgery you will receive a call from our office to verify you have had your pre-operative testing done. If your testing has not been completed by this time your surgery will be postponed**
- **1 day before surgery**- The prep-op center at the hospital or surgery center will contact you regarding your arrival time for surgery.
- **Please do not eat or drink after 12 midnight the night before your surgery. This includes no gum chewing or eating candy or mints.** You may brush your teeth the morning of surgery but, do not swallow any water. You may take your morning medications the day of surgery with a small sip of water only.
- Wear loose fitting clothing the day of surgery.

Patient-Surgeon Contract: The success of your surgery is dependent on the quality of my work but also following the postoperative instructions. If a sling is prescribed, it should be worn 80% of the time to minimize the chance of a re-tear. Home exercises and physical therapy should be performed as prescribed to minimize complications and maximize the best possible functional outcome. We are in this together and the work that you put in will give you the best chance of a smooth postoperative course.

Phone Number for Dr. Gilotra' s office – 443-462-5903

Fax Number to Office – 410-328-0534

Patient / Guardian Signature: \_\_\_\_\_