



Pre-Operative Instructions

*YOU WILL BE CONTACTED BY PHONE THE DAY PRIOR TO YOUR SURGERY
AND GIVEN THE TIME YOU SHOULD ARRIVE AT THE HOSPITAL
FOR YOUR SURGERY (IF YOUR SURGERY IS ON A MONDAY,
YOU WILL BE CONTACTED ON THE FRIDAY BEFORE).*

Important Instructions Prior To Surgery

1. Wash the operative site with antibacterial soap for 2-3 minutes the night before and the morning of your surgery.
2. Do not eat or drink anything after midnight on the night before your surgery.
3. You will be given instructions the day prior to your surgery regarding what medications you should or should not take the morning of surgery.
4. Important medications may be taken with a small sip of water the morning of your surgery. Important medications are usually limited to Blood Pressure and Heart (Cardiac) medications.
5. Discontinue **ALL** anti-inflammatory medications at least 10 days **BEFORE** your surgery. This includes Aspirin, Motrin, Ibuprofen, Advil, Aleve, Naprosyn, Diclofenac, Mobic, Celebrex and/or anti-inflammatory patches.
6. Bring your brace, sling, crutches, and all parts of the ice machine with you to surgery.
7. Bring any x-rays, MRI's, etc., with you if they were done somewhere other than UM Hospital.
8. Wear loose fitting clothing. Leave jewelry, money, and any other valuable at home.
9. A responsible person must drive you home and stay with you the first night after surgery.
10. If you have any questions or concerns prior to surgery, please feel free to call the Sports Medicine Clinic at 305-689-5500, Patrick Elias, PA at 305-689-0104, or Michelle Jagessar, Dr. Lesniak's assistant, at 305-689-0100.

**The day of your surgery, you must report to:
UM Hospital • 1295 NW 14 ST • 1st Floor Ambulatory Surgery (AMSU) • Miami, FL 33125**