



**Richard Cunningham, MD**

Complex Knee & Shoulder Surgery

*Fellowship Trained in Sports Medicine*

Edwards: (970) 569-3240

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## PREPARING FOR SURGERY

### STARTING NOW

- Stop taking aspirin and aspirin products 7 days prior to surgery.
- Stop taking anti-inflammatories (including Advil, ibuprofen, Aleve and Naprosyn) 3 days prior to surgery
- **STOP SMOKING:** Smoking reduces circulation within the body. This can significantly reduce the success of your surgical healing. We recommend stopping all use of tobacco products and replacements (nicotine patches, gum, or pills) for two weeks before and at least 8 weeks after surgery.
- **ARRANGE FOR A RIDE HOME:** You will need to arrange for a ride home from the hospital or surgery center. If you are having outpatient surgery, you will need someone with you for at least 24 hours after surgery. The hospital will not allow you to proceed with surgery unless a ride home has been arranged for.
- **REVIEW PRE-OPERATIVE BATHING INSTRUCTIONS:** You will need to complete the pre-operative bathing check sheet and present to surgical facility at the time of check-in.
- **MAKE YOUR HOME SAFE FOR YOUR RECOVERY** (ie. Remove throw rugs or anything you could trip over, set up house so you can live on one level, consider installing safety grab bars in bathroom, shoulder patients may be more comfortable sleeping in a recliner or upright position).

### THE DAY BEFORE SURGERY

- **CONFIRMATION OF SURGERY TIME:** Surgery times are subject to change. The surgery scheduler will contact you the business afternoon prior to surgery with your exact arrival time.
- **CLEANSING:** The night before surgery, shower and cleanse the surgical area with pre-operative soap following the bathing instructions in your pre-operative packet.
- **SHAVING:** Do **NOT** shave the affected extremity prior to surgery.
- **EATING AND DRINKING:** Do **NOT** eat (including gum or candy) or drink anything after 12:00 midnight unless otherwise directed. Do **NOT** drink alcohol for 24- 48 hours before surgery.
- **NAIL POLISH:** Do **NOT** wear nail polish on fingers and/or toes.



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## THE MORNING OF SURGERY

- SPECIAL INFORMATION: Do NOT eat (including gum or candy) or drink anything. Any medications Ok'd by anesthesia should be taken with a small sip of water.
- ORAL HYGENE: Brush your teeth but do not swallow the water.
- CLEANSING: Shower and wash the surgical area again with soap. It is ok to wash your hair, but do not use mousse, gel or hairspray.
- MAKE-UP: Please do not wear moisturizers, creams, lotions, perfumes, cologne or make-up.
- CLOTHING: Wear only comfortable, loose-fitting clothing and shoes. Remove hairpins, wigs, and jewelry.  
**\*\*\*Please do not bring valuables with you\*\*\***
- GLASSES.CONTACTS: If you wear contacts/glasses, please bring storage case.
- CRUTCHES/BRACE: Please bring crutches if discussed with your provider
- SURGERY TIME: Report to the hospital or surgery center with your surgery packet and pre-operative bathing check sheet at the designated time. Patients under the age of 18 must be accompanied by a parent or legal guardian.
- TRANSPORTATION: Have transportation available after surgery.  
**\*\*\* You will not be released from the hospital until your ride has arrived! \*\*\***