



### Pre-Operative Instructions

\_\_\_\_\_ Has been scheduled to undergo the following procedure:

**Date of Operation:** \_\_\_\_\_

Location:  
Littleton Regional Hospital

Surgeon:  
Dr. Dougald MacArthur

### Pre-Operative Appointments

△ \_\_\_\_\_ @ \_\_\_\_\_ @The Alpine Clinic in the \_\_\_\_\_ office.

△ **Hospital Pre-op Information - You will have both a visit and a telephone preop.**  
\_\_\_\_\_ \*\*\*Please see attached sheet labeled **The Joint Program Appointment Card** for dates/times\*\*\*

**Insurance prior authorization and benefits:** This information will be obtained by the LRH Service Center. We encourage you to contact your insurance carrier as well so that you understand your insurance benefits pertaining to this surgery.

**Estimates and financial arrangements:** Once your benefit information has been obtained, you may receive a phone call from our Patient Financial Services Department. It is very important that you respond to this call to make payment arrangements.

Once all of the above is complete, your surgery will be confirmed with the operating room at LRH.

△ Appointment to be cleared for surgery: \_\_\_\_\_ @ \_\_\_\_\_ with **PRIMARY CARE DOCTOR**  
**\*\*Surgical clearance with an EKG test is required by PCP within 30 days before surgery date\*\***  
*\*as soon after \_\_\_\_\_ as possible\*      \*please make sure you call Ashley with this date when you schedule it @ 603-728-5559 Thank you!\**

#### Arrival the Day of Surgery:

The hospital will contact you on \_\_\_\_\_ with the time you will need to arrive at the hospital for surgery. Please write your arrival time below.

**Please note:** *Because of last minute changes in operating room schedules, the exact time of surgery cannot be confirmed prior to the date written above.*

**I need to arrive at \_\_\_\_\_ on \_\_\_\_\_ for my surgery.**

#### **\*\*Schedule Physical Therapy appointments\*\***

*-call approximately 1 month before surgery to schedule your post op physical therapy appointments*



# The Joint Program Appointment Card

For:

\*\*If you do not have surgical soap please pick up from our Littleton office location on the day of your lab work.\*\*

Phone Pre-Op

## Preoperative Phone Call Appointment

**\*\* The prep nurse will call you 1 week before surgery \*\***  
to go over your medical history / medications  
(if you miss the call please call back as soon as possible)

**603-444-9310**



## Preoperative Visit Appointment(s)

**\*This is required to be done @ Littleton Hospital\***

**Lab - Blood / Urine sample & Nasal Swab**

**@ Littleton Hospital on \_\_\_\_\_ @ \_\_\_\_\_**

(It is not necessary to fast for your lab work ☺)

**Meet w/ Littleton Hospital Physical Therapy Dept \_\_\_\_\_**

**check in @ 2:00pm for educational appointment**

(\*\*this is for outpatient procedures only\*\*)

We do have additional information available on our website at:

\_\_\_\_\_ <http://www.thealpineclinic.com/services.php> \_\_\_\_\_

Pre-Op Visit at LRH



## Plan to:

- Wear comfortable clothes to the hospital. It will be difficult to get dressed after surgery.
- Have a responsible adult available to discharge you from the hospital and drive you home.
- Consider having someone available to care for you 24 hours after surgery.
- **If you get driven by RTC or another transportation service** you will need to bring someone with you to sign discharge paperwork as you will have been sedated and will not be allowed to sign it for yourself.

## Important:

- **DO NOT eat or drink anything after midnight the night before your surgery.** If you do, your surgery WILL be cancelled. This includes gum and/or hard candy.
- **DO NOT** take any aspirin like products such as: (Advil, Motrin, Aleve, ibuprofen, naproxen, meloxicam, diclofenac, Relafen, blood thinners, etc.), supplements such as: (turmeric, fishoil, cumin, vitamin E, St Johns Wort) and marijuana / CBD **one week** prior to surgery.
- **DO NOT** take **SEMAGLUTIDES** and **TIRZEPATIDES** – medications: Ozempic, Wegovy, Rybelsus (oral or injectable), Mounjaro, Zepbound **one week** prior to surgery.
- **DO NOT** smoke after midnight. Try to cut down or stop one week prior to surgery.
- **DO NOT** drink alcohol 24 hours prior to surgery.
- **DO NOT** wear make-up, nail polish, or jewelry on the day of surgery.
- **DO NOT** bring valuables to the hospital.
- **DO NOT** bring your children to the hospital with you.
- Notify your surgeon immediately if you have a change in physical condition such as:
  - Cold ◦ Flu ◦ Fever ◦ Sore Throat ◦ Positive Covid-19test within 7 weeks of surgery date
- If your surgery involves implants you should plan to **NOT** have any dental procedures within the first 6 months following your surgery. This includes routine cleanings. Once resuming dental care **AFTER** 6 months you will be required to pre-medicate with an antibiotic prior to each dental visit.

If you have any questions or concerns, please call our office. 1-603-259-7700