

**PRE-OP INSTRUCTIONS
DR. LARRY "CHIP" BANKSTON**

PATIENT: _____

PROCEDURE: _____

DATE: _____

ARRIVAL TIME: _____ AM/PM

SURGERY WILL BE PERFORMED AT:

____ **Surgical Specialty Center**
8080 Bluebonnet Blvd. #225.408.5656

____ **OLOL**
5000 Hennessy Blvd. #225.765.5000

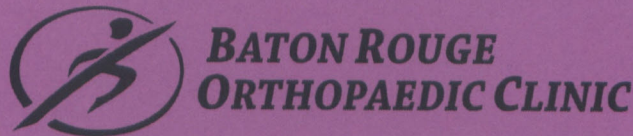
____ **Baton Rouge General**
8585 Picardy Ave. #225.763.4000

Instructions:

1. Get off of **ALL MOTRIN/ ASPIRIN/ IBUPROFEN/ ADVIL/ ALEVE/ CELEBREX/ MELOXICAM** products at least 5 days prior to surgery date. You must be off **ALL DIET MEDICATIONS 2 weeks prior** to your surgery, or your surgery could be delayed or cancelled. **TYLENOL/ ACETAMINOPHEN** products are ok up until the day before surgery.
2. If you are on any blood thinner, PLAVIX/COUMADIN, you must stop 7-14 days prior to surgery; OR consult your primary care physician on when to stop medication.
3. Do **NOT SMOKE, EAT OR DRINK** anything (i.e. gum, mints, tobacco products) after midnight the night before surgery or after _____ the day of surgery or **SURGERY WILL BE CANCELLED.**
4. If you are currently taking any blood pressure medication or any medications prescribed by your primary care physician, etc. please take this medication with only a SIP OF WATER the morning of surgery.
5. Any changes in your physical condition, please notify our office.
6. A responsible adult must accompany you to your surgery to drive you home.
7. Wear casual, loose fitting clothing that can be folded for storage. For upper extremity surgery, short/long sleeve button up shirt or oversized t-shirt works best.
8. **DO NOT** wear any jewelry of any kind. **NO** makeup, nail polish or acrylic nails. **No** Contacts
9. If instructed, Pre-Operative Clearance should be done within 30 DAYS of your surgery date.
10. Your post-operative appointment and pain medications will be given to you the day of surgery.
11. **DO NOT SHAVE FOR 48 HOURS PRIOR TO YOUR SURGERY DATE**
12. **HAVE YOU TAKEN PAIN MEDS? IN PAIN MANAGEMENT? ALLERGIES TO PAIN MEDS? PLEASE ADVISE STAFF IF ANY OF THESE APPLY**

If you have any questions, please call Miryah @ 225.408.7859.

CHECK IN ON THE 2ND FLOOR THE DAY OF SURGERY
For more information regarding your surgery, visit chipbankstonmd.com



Postop Pain Management

1. After your surgery you will be given several prescriptions to assist with managing your pain post op.
 - a. **Gabapentin/Neurontin**- given for nerve related pain. It is ok to take with pain medication
 - b. **Percocet**- stronger of the two post op pain medications. To be taken first and then transition to Norco
 - c. **Norco**- to be taken after you have stopped taking percocet.
 - d. **Zofran**- for nausea
 - e. **Other**:
2. It is ok to add Extra Strength Tylenol while taking Percocet/Norco. We recommend taking 1000mg Tylenol every 8-12 hrs.
3. **DO NOT** exceed 4000mg of Tylenol/ Acetaminophen in a 24 hrs period. Be aware that the Percocet/Norco has 325 mg of Tylenol/Acetaminophen in the tablet. If you have a history of liver disease please contact PCP prior to taking extra Tylenol/acetaminophen
4. If you are having a fracture repair, tendon repair, ligament repair/reconstruction, meniscus repair avoid anti-inflammatory medicine. (Advil, Aleve, Motrin, etc.)
5. For all other patients it is ok to take OTC NSAIDS. We recommend 2 tablets Aleve twice a day **OR** 600 mg Ibuprofen (3 200mg tablets) twice a day with food.
6. You will be receiving a call from **CLV Implants** that offers an Ice Compression machine. Although they try to run this through insurance, often times it is not covered. We have found that patients receive good pain relief postop while using these machines. Patients can also use Ice packs or purchase cryotherapy machines from our DME shop.
7. TENS unit are also available at our DME shop in the main lobby. Often times these are an out of pocket expense and pricing can be discussed with the DME office. TENS units can help alleviate post-operative pain
8. The AAOS has some reading on dealing with postoperative pain management that can be found at:

<https://aaos.org/Quality/PainReliefToolkit/>

ANESTHESIA ALERT

Prescription/Over the Counter Diet Medication and Herbal Supplement List

***SSCBR Anesthesia Service has approved that patients should be off of the following medications for two weeks before receiving general anesthesia. Please follow in order to avoid the cancellation of surgery.

PRESCRIPTION	OVER THE COUNTER
Fenfluramine HCl -Pondimin	Products containing Ephedrine/Ma Huang
Dexfenfluramine HCL-Redux	
Phentermine HCl	Metabolife
-Adipex	Metabolift
-Banobese	Metaboless
-Fastin	Ripped Fuel
-Obenix	Ripped Fuel Extreme
-Oby-Cap	Kiet Fuel
-Oby-Trim	Thermadrene
-Zantryl	Eat Less Burn More
Phentermine Resir-Lonamin	Xenadrine
Benzphetamine HCl-Didrex	Hydroxycut
Sibutramine HCl-Meridia	Xcelerate
Tenuate-Diethylpropion	Xcelerate Plus
Qsymia	Thermatrim
Belviq	Formula One
	Biot
	Any energy drinks containing Ephedra or Ma Huang

***To ensure surgical safety, please discontinue the use of the following herbal supplements two weeks before surgery.

Yohimbe-this is found in some OTC supplements

***The following herbal supplements may help support healing around the time of surgery. These nutrients can speed wound healing, enhance tissue repair, support the immune system, prevent infection, minimize inflammation, and reduce bruising. Arnica Montana, Bioflavonoids, Bromelain, Copper, Selenium, Vitamin A, Vitamin C, Vitamin K and Zinc

PRE-OP CLEARANCE FORM – H&P

Dr. Larry "Chip" Bankston --- Baton Rouge Orthopaedic Clinic

8080 Bluebonnet Blvd. Suite 1000, Baton Rouge, LA 70810

Ph#(225)408-7859 Fx#(225)408-7962

NAME: _____ **DOB:** _____

PROCEDURE: **LEFT / RIGHT** **DOS:** _____

MED HISTORY:

SOCIAL HISTORY:

SURG HISTORY:

CURRENT MEDS:

ALLERGIES:

LATEX ALLERGY: _____ Y _____ N

HEENT:

RESP:

SKIN:

PULSE:

HEART:

B/P:

LUNGS:

TEMP:

HEIGHT:

WEIGHT:

EXTREMITIES:

*******APPROVED FOR SURGERY:** _____ Y _____ N

_____ **M.D.** _____ **DATE**

Please fax this H&P along with LABS: CBC / CHEM 7 / EKG / CHEST XRAY
(225)408-7962 at least **ONE WEEK PRIOR** to surgery date. Thank you ☺