



Missoula Bone & Joint Surgery Center

2360 Mullan Road, Suite B

Missoula, MT 59808

(406) 542-9695

Before Surgery:

- You may be asked to have lab work, x-rays, an MRI, and/or an EKG. If so, please inform us **where** these were done so we may obtain the results.
- After your surgery, your physician may want you to utilize some type of Durable Medical Equipment (DME) such as a brace, sling, or walking boot. Missoula Bone & Joint's DME Coordinator is a Certified Fitter of Orthotics who will fit you for these items and teach you how to use them. Our DME Coordinator will also discuss any insurance questions that you may have with regard to this equipment.
- Please complete the health history form and return it to the Surgery Center prior to surgery.
- If you are having surgery on your leg or foot, please check with your surgeon to see if you need crutch training. Make sure to practice using crutches before surgery and bring them with you to the Surgery Center. Make your home safe for crutches (i.e. rearrange furniture, etc.).
- A nurse will call you the day before surgery for specific times and instructions. If you are not contacted by 4:00 p.m. the day before surgery by the Surgery Center RN, please call us at (406) 542-9695.

Occasionally the surgery schedule changes.

- Arrange for a responsible adult to drive you home and stay with you for 24 hours.
- Drink extra fluids the day before surgery.
- **IMPORTANT: Do not EAT or DRINK anything after MIDNIGHT the night before your surgery.** It is possible that your procedure would have to be cancelled if these instructions are not followed.
- Please arrive one and one half hour before your surgery time unless instructed otherwise.
- Please call your surgeon immediately (406-721-4436 or 1-866-721-4436) if you become ill or are otherwise unable to keep your appointment.

Day of Surgery:

- Take appropriate medications as instructed by your pre-op nurse with a small sip of water.
- Leave valuables and all jewelry at home.
- Bring insurance cards, case for glasses or contacts, and prescriptions.
- An IV will be placed so medications can be given before, during, and after surgery.
- The anesthesiologist will discuss your health history and anesthesia options and risks.

After Surgery:

- You will be taken to the recovery room after your surgery, where you will be monitored and, when awake, offered something to drink and eat. Family will be allowed to visit when the nurse has finished transitioning you from surgery. Due to space limitations, we ask that you bring no more than two family members/friends with you on your day of surgery.
- The nurse will review specific instructions given by your surgeon with you and the responsible adult who is to accompany you home, then escort you to the car.

At Home:

- The anesthesia will make you groggy and cause impaired judgment, therefore, do not drive, operate hazardous machinery, make any important decisions, or sign legal papers for 24 hours.
- Do not drink alcohol for 24 hours.
- Take pain medicine as directed. If none was prescribed, take a non-aspirin pain reliever (Tylenol or ibuprofen) as needed unless your doctor has told you otherwise.
- Eat light foods for the first few hours after surgery, then increase your diet as tolerated.
- Drink as much fluid as you can tolerate, up to 8 glasses/day.
- A small amount of blood on your dressing may be expected. If it becomes soaked, place additional dressings over the one already there and call your doctor.
- Call your physician for a fever over 101, increased swelling, redness, or drainage.