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## Adam J. Farber, MD

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*Sports Medicine and Orthopaedic Surgery*

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### GENERAL PRE-OPERATIVE INSTRUCTIONS

#### **Eating**

- NO eating OR drinking after midnight on the night prior to surgery; this includes chewing gum and chewing tobacco.

#### **Arrival**

- You will be expected to arrive at the surgery center 1.5-2 hours prior to surgery. The exact expected time of arrival will be given to you during your pre-operative appointment with Dr. Farber.

#### **Medications**

- You may take your usual medications on the day PRIOR to surgery.
- If you take medications for BLOOD PRESSURE in the morning, on the day of surgery, these may be taken with a sip of water.
- If you take medications for DIABETES, these should NOT be taken on the night prior to surgery OR the morning of surgery.
- For further clarification regarding your medications, please discuss with your primary care provider or Dr. Farber.

#### **Medical Equipment**

- If you are given a sling, knee brace, or elbow brace prior to surgery, please bring this with you to your surgery so that it may be applied properly in the operating room before you leave the surgery center.
- If you have crutches, please bring these with you to the surgery center.

#### **Prescriptions**

- You will be given prescriptions for pain medications, nausea medications, and possibly sleeping medications or antibiotics at your preoperative appointment with Dr. Farber. It is strongly recommended that you fill these prescriptions PRIOR TO SURGERY so that if there are any difficulties filling the prescriptions at the pharmacy, these problems can be addressed prior to your surgery.

#### **Transportation**

- You will need to get a ride home from the surgery center. You will NOT be allowed to drive yourself or get into a taxi or car service (e.g., Uber, Lyft, etc.) after surgery. Your driver does not necessarily have to be at the hospital during your surgical procedure, but they must be available to pick you up after surgery.

#### **Post-Op Instructions**

- You will receive post-operative instructions from Dr. Farber during your preoperative appointment with him. You may also receive instructions from the surgery center after your surgery has been completed. If there are differences between the two sets of instructions ALWAYS follow Dr. Farber's instructions.

If you have any questions or concerns, please feel free to contact the office at (480) 219-3342.