



# OCR

ORTHOPAEDIC & SPINE  
CENTER OF THE ROCKIES



## PREPARATION FOR SURGERY

### Before Surgery:

- When prescribed by Dr. Snyder, arrange to have preoperative testing done at least two weeks before surgery at your medical doctor's office. Please be certain that the results are faxed to Dr. Snyder at 970-663-2235 promptly or your surgery may have to be postponed.
- Compile a list of all medications you are currently taking and bring the list for Dr. Snyder and/or the anesthesiologist.
- Discontinue taking any aspirin or aspirin-like products (i.e. Advil, Motrin or Aleve) two weeks prior to surgery. If you are taking Celebrex you may continue this until the week before surgery. Tylenol is acceptable in place of these NSAIDs.
- If your surgery is outpatient, arrange for someone to drive you home the day of surgery.

### Day of Surgery:

- **Remember:** No breakfast or drinks in the morning!
- Take all prescription medicines the morning of surgery with only a sip of water, unless otherwise instructed.
- Bring your list of medications and questions.
- Your driver should accompany you and should be available by telephone.

### After Surgery:

- Following surgery, you will be in the recovery room for approximately 1 hour before transfer to the holding area. Your family will be notified by nursing personnel when you can be seen.
- Dr. Snyder prefers to see his patients and family personally prior to discharge. Please understand that he may be in the operating room with another patient, so please be patient.
- You may be given printed postoperative instructions and rehab protocols. Please follow these and if you have any questions contact the office.