

## **INSTRUCTIONS FOR SURGERY**

**In order to make your admission and hospital stay smooth and more pleasant, please comply with the following instructions:**

1. Report to the location marked below:

339 East 38th Street  
New York, NY 10016  
212-263-1515

Please call 212-263-5985 to schedule your Presurgical testing if indicated by your physician located @

240 E 38<sup>th</sup> street  
New York, NY 10016  
Mezzanine Level

2. Bring jogging/warm-up pants, shorts/skirt if having knee surgery.
3. Bring a shirt/blouse that buttons open in front instead of a pullover if having shoulder/elbow surgery.
4. If you own crutches, bring them with you, if having knee, ankle or hip surgery.
5. Bring all medications or a list of current medications you are taking with you. Also bring a list of any allergies.
6. Blood pressure medication should be taken as usual with a sip of water the morning of surgery. **DO NOT** take a diuretic or fluid pill. Seizure medications may be taken before surgery.
7. **DO NOT** take oral diabetes medications (Pills) the night before or the day of surgery. If you are on insulin, **DO NOT** use insulin the morning of surgery unless you are a "problem diabetic" in which case you need to consult your physician regarding the proper insulin dose for you to use prior to surgery.
8. Please **DO NOT** wear makeup or nail polish the day of surgery- You will need to remove contact lens (including extended wear), denture, or bridges prior to surgery- Please bring your own containers for storage.
9. Leave all Jewelry and valuables at home. The hospital will not take responsibility for lost or missing items.
10. You need to report any skin irritation, fever, cold, etc., to Dr. Lomas.
11. You will need to bring your insurance card/information with you.

Center for Musculoskeletal Care 333 E. 38<sup>th</sup> St, New York, NY 10016  
377 Jersey Ave. Suite 280a, Jersey City, NJ 07302  
Tel: (646) 501-7223/ (201) 716-5852

- 12.** DO NOT eat, drink (including water), chew gum, candy, smoke cigarettes, cigars, use smokeless tobacco, etc., after midnight the night before surgery or the morning of your surgery, The only exception is a sip of water to take necessary medications the morning of surgery.
  
- 13.** You must arrange someone to drive you home when ready to leave the hospital. You will not be allowed to drive yourself home after surgery. We can assist you if you need transportation to the airport or hotel, however, you need to let us know in advance (if possible) so we can make the arrangement.
  
- 14.** NOTE: DO NOT take any aspirin, aspirin products, anti-inflammatories, Coumadin or Plavix at least 5 days prior to surgery. You are allowed to take Celebrex up to your day of surgery. If your medical doctor or cardiologist has you on any of the above medications. Please check with him/her before discontinuing the medication. You may also take Tylenol or Extra-Strength Tylenol if needed.

**Nonsteroidal Anti-Inflammatory (Arthritis) Medications:**

Some of the most common names for frequently used NSAID's include: Motrin, Indocin, Nalfon, Naprosyn, Naprelan, Arthrotec, Tolectin, Feledene, Voltaren, Clinoril, Dolobid, Lodine, Relafen, Daypro, Advil, Aleve, Ibuprofen.

If you have any questions regarding your surgery, please contact the office at 646-356-9411.