



2200 NE Neff Road Suite 100
 Bend, Oregon 97701
 Phone (541) 322-2395
 Fax: (541) 322-2370

Patient name: _____

Cascade Surgicenter Total Joint Replacement Pre-operative Instruction Sheet

The following instructions are very important for a successful outcome of your surgery. Follow these instructions closely and call the pre-op office at 541-322-2397 if you have any questions.

Bring the following items with you on the day of surgery:

- All your medications except herbals, vitamins, or supplements
- Front wheeled walker
- Total joint binder
- List of post-op appointments
- Thigh high TED hose (for total knee replacements only)
- Glasses, hearing aids, or denture containers (if needed) and an extra pair of clothes
- Bring the following items if needed: Insulin, asthma inhaler, pacemaker records
- DO NOT bring valuables

The day before surgery:

- Your arrival time will be called one business day prior to your surgery, between 12:00 and 4:30 p.m. Please call (541) 322-2395 if you have not heard from us by 4:30 p.m.
- Do not eat or drink ANYTHING after midnight. Do not chew gum, candy, or use tobacco or tobacco products on the day of surgery.
- Limit alcohol and or tobacco products
- You may brush your teeth and rinse your mouth any time prior to surgery (swish and spit out water without swallowing)
- OK to take the following medications with a sip of water on the day of surgery:
 _____.
- Do not take the following medications on the day of surgery: _____.
- Please notify **Cascade Surgicenter** at 541-322-2395 or call your surgeon at 541-382-3344 if you develop a sore throat, fever, or illness. This is an elective procedure and your surgery could be cancelled if you are ill.
- **You coach must be available to bring you to surgery and care for you after. You will be at Cascade Surgicenter for approximately 7-8 hours.**
- Wear loose fitting, comfortable clothing.
- Leave a pillow and blanket in your car for ride home.
- Bring driver's license or photo ID, insurance card, and co-payment
- Do not wear perfume, cologne, lotion, jewelry, or makeup the day of surgery. Please shower prior to arrival.

Directions and Parking

Cascade Surgicenter is located on the lower level of The Center at 2200 NE Neff Road. For your convenience, there is a dedicated covered parking lot for patients having surgery. When you arrive for your procedure, simply enter the parking lot from Purcell Blvd. and proceed directly to the underground parking area. Come through doors on underground level. The check-in desk is located on the left side of the waiting room.

