



OrthoTeam Clinic
John S. Rogerson, M.D.

Excellence in Orthopedics

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Surgical Pre-Operative Instructions (Medicine And Food)

2 weeks (10 days) prior to your surgery:

- Discontinue aspirin.
- Discontinue anti-inflammatory medication (ibuprofen, Motrin, Aleve, Advil, Relafen etc.)
- Discontinue Vitamin E (which is present in multi-vitamins, nuts and wheat germ), multivitamins, fish oil, flaxseed oil, and supplemental anti-oxidants (included vitamin C).
- Discontinue herbal meds (glucosamine chondroitin, ginkgo, saw palmetto, arnica montana etc.)
- Quit smoking or decrease use by 50%. It has been proven that decreasing cigarette smoking will help to promote better healing with surgery. It will also help decrease the risk of infection.

*Tylenol (acetaminophen) may be taken as needed for aches & pains up until the day before surgery.

* Calcium and Vitamin D are ok to stay on prior to surgery.

One week (7 days) prior to your surgery:

- Discontinue alcoholic beverages (including wine and cordials), and/or illicit drugs of any kind. Check with Dr. Rogerson's office if you are on chronic pain medication and whether or not this will need to be discontinued prior to your surgery.
- Discontinue intake of protein shakes for supplemental nutrition.
- Discontinue nuts of ANY kind.
- Decrease the amount of dietary intake for the following products: Dried apricots, dates, prunes, raisins, raspberries, loganberries, currants, fresh spinach, avocado, water chestnuts, radishes, cayenne pepper, cinnamon, cloves, cumin, curry powder, dill, ginger, licorice, mint, oregano, paprika, rosemary, sage, tarragon, turmeric, thyme, tea, fruit and vegetable juices.

*****PLEASE NOTE THAT FAILURE TO FOLLOW THE ABOVE INSTRUCTIONS MAY GREATLY INCREASE BLEEDING DURING YOUR SURGERY; IT MAY ALSO SLOW HEALING AFTER THE OPERATION AND INCREASE THE CHANCE FOR POST-OPERATIVE SWELLING/BRUISING AND NEED FOR A BLOOD TRANSFUSION.***