



THE SHOULDER CLINIC  
OF IDAHO P.L.L.C.

## Getting Ready for Surgery:

**Do not eat or drink anything (including gum, hard candy, chew tobacco, etc) after the time that the hospital tells you to stop. If you were not given specific instructions from the hospital then do not eat or drink anything after midnight the night before your surgery.**

Please keep the day of your surgery free of other commitments. Your surgery time could be changed by the facility and you may be asked to come in earlier or later than planned that day.)

Please bring driver's license, insurance card and sling with you to the hospital. Leave your valuables at home for safe-keeping.

If you are on any daily medications, please bring them with you to the hospital. If you are a diabetic, please bring your medication. Discontinue all anti-inflammatory drugs (Celebrex, Ibuprofen, Naprosyn) and aspirin ten (10) days prior to surgery. **Tylenol is okay.**

If patient is a minor, one parent or guardian must stay at the hospital until patient is out of the Recovery Room.

If you catch a cold or other ailment or notice any change in your physical condition, including scratches or cuts, notify Dr. Johnson.

The night before or morning of surgery please bathe or shower. Also remove fingernail polish prior to arriving at the hospital.

Wear comfortable shoes and clothing. If you will be wearing these home, be sure they are easy to put on after surgery (elastic waistband, slip-on shoes, etc). Large, button-up shirts or a large t-shirt that can be cut up the side is best.

Do not wear contact lenses, make-up, earrings, or jewelry. If you must wear contacts, bring your storage case. If you wear dentures or hearing aids, they will be removed in the hospital pre-operative room and returned to you after surgery.

Get a good night's rest before your surgery. If you have any questions, please call our office at 208-323-4747.