

**Fort Walton Beach**

1034 Mar Walt Drive
Fort Walton Beach,
FL 32547

Destin

36474C Emerald
Coast Parkway, Suite 3101
Destin, FL 32541

Niceville

554-D Twin
Cities Boulevard
Niceville, FL 32578

Panama City

1827 Harrison Avenue
Panama City, FL 32405

Crestview

5300 South Ferdon Boulevard
Crestview, FL 32536

P 850-863-2153 F 850-809-4312

www.orthoassociates.net

DR. TENHOLDER SURGERY INSTRUCTION SHEET

DATE OF SURGERY: _____

FACILITY: _____

ARRIVAL TIME: _____

**The Surgery Center at Sacred Heart
Medical Park**

36500 Emerald Coast Parkway
Destin, FL 32541
(850) 269-0301

**Sacred Heart Hospital on the
Emerald Coast**

7800 Emerald Coast Pkwy
Destin, FL 32550
(850) 278-3000

Fort Walton Beach Medical Center

1000 Mar Walt Drive
Fort Walton Bch, FL 32547
(850) 862-1111

Surgical Specialists, ASC

1034 Mar Walton Drive
Fort Walton Bch, FL 32547
(850) 315-9385

1. All patients having surgery must **stop taking** any anti-inflammatory medications (NSAIDs), herbs, supplements, vitamins, and/or medications that contain aspirin (**Advil, Aleve, Motrin, Ibuprofen, Fish Oil, Mobic, Multivitamins, etc.**) **7 days** prior to surgery. This includes over the counter pain relievers and fever reducers. PLAIN TYLENOL PRODUCTS are okay.
2. If you are on prescribed anti-coagulants (**Plavix, Coumadin, Eliquis, Xarelto, etc.**), we prefer you discontinue taking these medications prior to surgery. However, BEFORE stopping them, you must get specific instructions from the prescribing doctor. **The number of days to stop prior to surgery will depend on the specific medication and the type of surgery.** Please clarify this early. Sometimes the medications will need to be help for up to a week.
3. You may be required to have an appointment with either your primary care physician or one of our Physicians or Physician Assistants for surgical clearance. Required pre-op tests will be reviewed or ordered at that time. If you have any heart disease, you will need cardiology clearance as well. Failure to have your heart disease appropriately assessed will delay your surgery.
4. **HEART and BLOOD PRESSURE MEDICATIONS:** You should continue these medications as normally prescribed, including the night prior to your surgery. If you are on a beta-blocker, this will need to be taken the morning of surgery as well. If the blood pressure medication is an ACE inhibitor, please check with your primary care physician if you should stop this medication prior to surgery.

5. **DIABETICS:** Please get specific instructions from the doctor treating your diabetes about how to dose your medication on the day of surgery. You must consider that you will not be eating your regular meals after midnight prior to surgery. **Metformin** is typically held for 1-2 days prior to surgery to avoid the possibility of metabolic acidosis.
6. **WEIGHT LOSS MEDICATION:** Weight loss medication should be stopped **one week** prior to surgery. Undergoing anesthesia without stopping these medications can result in life threatening blood pressure issues.
7. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. THIS INCLUDES CHEWING GUM, MINTS, HARD CANDY, AND CIGARETTES!**
8. **As surgeons may use electrocautery during surgery, undergarments must be COTTON FABRIC to avoid electrical conductivity or burns during surgery. (All silk, polyester, nylon, or man-made fabric undergarments must be removed prior to surgery to avoid potential injury.)**
9. Please bring your insurance information, a list of all prescription medications with dosing schedule, and a picture ID with you the day of surgery.
10. If you cancel, or do not show up to one of the appointments coordinated for you before your surgery, it may result in your surgery being cancelled.
11. After Surgery, if you run low on pain medications, you must allow 72 hours for a refill. **DO NOT** wait until you are out of medication to call us. **The prescription request line is (850) 315-9241.**
12. If you are having surgery at one of our **outpatient surgery centers**, the **facility** will call you **24-48** hours before to let you know what time to arrive for your surgery. **If you have not received a call from the facility within 24-48 hours of your scheduled surgery, please contact the facility between 8 a.m. and 4 p.m.** The facility phone numbers at the top of these instructions. If you are having surgery at one of the hospitals, my clinical team or surgery scheduler will notify you of the arrival time. Please call the office the day prior to surgery if you are unsure of your arrival time.
13. If an outpatient procedure is scheduled, please arrange to have someone with you at the Surgery facility. They will need to drive you home and stay with you for 24 hours following the surgery. **You must have a ride to and from the procedure by a responsible adult, friend, or family member. You CANNOT use taxis, a ridesharing service (Uber, Lyft, etc), or public transportation after surgery. We will not accept the liability, and your case will be cancelled.**

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14. If you have an illness within the week prior to surgery please notify our office, as your surgery may need to be rescheduled.
15. Enhance your diet, nutrition, and general health prior to surgery, so your body recovers faster.
16. You may experience throat pain or hoarseness after surgery if your procedure requires general anesthesia and a breathing tube (intubation).
17. For urgent issues after hours or on weekends, please call **850-863-2153** and the answering service will contact the physician on-call. **Do not leave a message.** Wait for the prompts, and you will be connected to the answering service.
18. **HAND and FOOT PROCEDURES ONLY:** Please make sure you remove any nail polish, jewelry (including wedding/toe rings) and artificial nails of the hand/foot prior to having the procedure.
19. The operative extremity should be clean and free of jewelry upon arrival to the facility.
20. If you have respiratory issues/sleep apnea, and use **C-Pap** or **BiPAP**, bring the C-Pap or BiPAP with you on the day of surgery. If you are diagnosed with sleep apnea, but do not use CPAP or BiPAP, you may need to be admitted overnight to the hospital. Please address this with your surgeon well before the day of surgery. If you have sleep apnea and have never had a sleep study or have not been treated, your surgery will be delayed until the sleep apnea is properly diagnosed and treated.
21. If your surgeon has indicated that you will have restrictions on bearing weight on your operative leg, or you will be in a leg splint after surgery, please bring your walker or crutches on the day of surgery. If you are unsure whether crutches/walker are required for your surgery, please ask at your pre-operative appointment, or call the nurse line for instructions (850-315-9241). For hip and knee replacement patients, bring your crutches or walker to the hospital.
22. If you are on any medications for rheumatoid arthritis or other autoimmune disorders or are on any medications that suppress your immune system, please make your surgeon aware. Discuss stopping these medications with the prescribing physician. Some of them need to be **discontinued for several weeks** before the time of surgery. They can increase your risk for infection and/or incision healing issues.
23. **STOP SMOKING!!** Smoking is the single most important variable you can address that can improve your chances of a successful surgery, while avoiding complications. Smoking has a terrible effect on healing of bone, soft tissue, and surgical incisions.