

Pre op

2 Days Before Surgery

- Start Senokot or Colace
 - If you experience diarrhea stop the medication.

The Night Before Surgery

- First dose of Oxycontin
 - Take one tablet of Oxycontin with dinner. Do not drink alcohol. You will be asked how you tolerated the medicine before your surgery.
- Nothing to eat or drink after midnight
- Get a good night's sleep

The Morning of Surgery

- Take 1 tablet of Oxycontin with a sip of water.
- Take your regular medications as directed with sips of water.
- You will be told what time to arrive the day before your surgery.
- Leave all your valuables at home

What do I need to bring with me the day of surgery?

- Photo ID and Insurance card
- Assist device (crutches or walker); if you do not have these devices, they will be given to you the day of surgery by the physical therapist
- Dress appropriately
 - Loose-fitting pants, with an elastic waist band
 - Shoes with a non-skid sole, that you can easily put on, keeping in mind that swelling may be present
- Friend or Family member

What should I leave at home?

- Jewelry
- Money/valuables
- Contact lenses

Likewise- I think this is a good simple document. Just need to customize