

PRE-OPERATIVE INFORMATION

John McCormick, MD

This informational sheet is designed to prepare each patient for surgery and to address any common questions that you may have after surgery. After surgery is performed, a specific discharge informational sheet will be provided for each patient.

PRE-OPERATIVE INSTRUCTIONS:

1. If you have had a previous staph or MRSA infection please inform Dr. McCormick or a member of his staff prior to surgery.
2. If you are over the age of 50 or have additional significant medical conditions you will need medical clearance prior to surgery. Medical clearance is typically obtained from your primary care physician. A letter of clearance will be faxed to your medical doctor and must be signed before proceeding with surgery.
3. Anti-coagulants aka “blood thinners” must be stopped 7 days prior to surgery. These include, but not limited to (Coumadin (“warfarin”), Aspirin, Plavix, NSAID’s, Lovenox, Xarelto). If you have a history of a heart condition, pulmonary embolus, DVT; or stroke, the physician that currently manages that condition must provide a letter reporting it is okay to stop the medication.
4. You will be required to attend a preoperative anesthesia clearance at the facility where your surgery is scheduled. The facility will contact you to schedule your appointment.
5. 5 days prior to surgery - Please purchase “Dial” anti-bacterial soap. Begin washing with this soap daily. If your incision will be in an area on the back that cannot be reached, please consider a brush with an extended handle “back brush” that can be used to gently scrub the area.
6. The evening before surgery- An antibacterial wash (Hibiclens), has been prescribed to your pharmacy. Please pick-up the prescription and follow the instructions.
 - a. If the incision is planned over an area that you typically shave, it is okay to shave the night prior to surgery. However, do not shave the morning of surgery.
 - b. No eating or drinking past midnight.
 - c. It is okay, to take your blood pressure medication, or insulin the morning of your scheduled surgery.
 - d. No lotions, moisturizers, creams or ointments should be applied to the skin the morning of surgery.

QUESTIONS?

Call Dr. McCormick’s office at 912.644.3374

210 East DeRenne Avenue
Savannah, GA 31405

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POST-OPERATIVE INFORMATION

John McCormick, MD

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POST-OPERATIVE INSTRUCTIONS:

1. **Follow-up:** A follow-up time, location and appointment date has been made for you and a reminder card will be provided after the procedure.
2. **Medications:** A stool softener, muscle relaxer and anti-nausea medication will be called into your pharmacy and available to pick-up either the day before the procedure or after the procedure.
 - a. Narcotics- Require a signed prescription. Pain medication for the post-operative period will be signed after the procedure and you may deliver the prescription to the pharmacy.
3. **Incision:** The incision is to be kept clean and dry at all times. During the first two weeks, you may need to change the bandage daily. No salves, ointments or creams should be applied. Drainage may occur during the first 10 days this is normal. It should be pinkish or “blood tinged”. Yellow drainage, or foul smelling drainage is not normal and Dr. McCormick or his staff should be alerted immediately.
4. **Showering:** You may begin showering 72 hours after the surgery. Apply a water-proof bandage over the incision area, shower, remove the water-proof bandage. The incision should “air dry” or gently pat dry. Apply a dry dressing to the wound. No Tub baths, hot tubs, swimming for the first two weeks or until the wound is completely healed. From 0-72 hours sponge bathe only.
5. **Clothing:** If your incision is over an area that is typically clothed, particularly the waist, please wear loose clothing; avoid belts or tight clothing over the incision area. This may abrade the fresh incision and cause wound break down.
6. **Driving:** You will need a driver to and from the hospital. No driving is recommended for the first two weeks. In general, no driving while on narcotics.
7. **Exercise:** You may begin walking several days after your procedure. However, no sweating during the first two weeks while the incision is healing.

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