
ORTHOPEDIC SURGERY AT MAMMOTH HOSPITAL

SURGEON: _____ **PA:** _____

PROCEDURE: _____

Thank you for choosing Mammoth Orthopedic Institute and Mammoth Hospital to perform your surgical intervention. We are happy to assist you during this time. This packet includes information to prepare you for your upcoming surgical case.

1) What happens next?

Your surgical orders will be submitted to our authorization team and they will communicate with your insurance. Once your insurance has authorized your procedure, our surgical coordination team will contact you to discuss surgical dates.

2) How can I prepare?

Go to our website to learn more about your upcoming surgery: www.mammothortho.com. There is valuable information regarding pre-operative as well as post-operative instructions that can be found under the PATIENT INFO tab. If you have any further questions regarding your upcoming surgery, please email our staff at ortho@mammothhospital.com. Someone from our team will respond back, usually within 24 hours.

3) You will be contacted by our PASS center to arrange for a surgical date and for further pre-operative screening and instructions. Their contact info is:

PREOPERATIVE ANESTHESIA & SURGICAL SERVICES (PASS) CENTER

Phone: (760)924-4022

Fax: (760)924-4122

Leticia Bravo: Leticia.Bravo@mammothhospital.com

Tina Allec: Tina.Allec@mammothhospital.com

4) Once you have your surgery date, please call the numbers below to coordinate your post-operative care:

First post op visits for 10-14 days after surgery:

Bishop: (760) 872-7766 **Mammoth:** (760) 924-4084

Physical Therapy visits for 3-7 days after surgery:

Bishop: (760) 872-2942 **Mammoth:** (760) 934-7302



PREPARING FOR YOUR SURGERY

ORAL MEDICATIONS AND SUPPLEMENTS

2 weeks prior: Discontinue use of herbs and supplements:

The American Society of Anesthesiologists (ASA) has issued a warning that certain herbs and supplements could pose a danger if taken prior to surgery due to interactions with medication used during and after surgery. If you are taking any of the following, please discontinue use 2 weeks prior to your elective surgery.

- St. John's Wart
- Gingko Biloba
- Feverfew
- Ginseng
- High doses of supplemental garlic
- Vitamin E (400 units or more)
- Ephedra
- Kava Kava
- Valerian
- Dong Guai
- Goldenseal

5 days prior: Discontinue use of anti-inflammatories

Medications that have properties to thin your blood need to be discontinued 5 days prior to surgery. These medications contain:

- Ibuprofen
- Advil
- Celebrex
- Meloxicam
- Diclofenac
- Aspirin

*Anti-Coagulants (eg. Xarelto, Warfarin, Elaquis, Pradaxa, etc.)

If you are on prescription anti-coagulants, communicate with your PCP, surgeon and the nurse in the PASS center to have a detailed plan to discontinue or bridge your medication leading up to your surgery and how/when to resume it after surgery. PASS staff will instruct you on what prescription medications you can take leading up to surgery, including on the morning of surgery. For example, blood pressure medication, etc.



SKIN HEALTH

The health of your skin is extremely important and can delay your surgical case if there are cuts, rashes, scrapes or bug bites, etc. anywhere near your surgical site. If you get a wound within 1 week of your surgical date, email a picture to ortho@mammothhospital.com so the staff can determine next steps if necessary.

Hibiclens

Hibiclens (white soap packet) is an antiseptic/antimicrobial soap to use in your last shower prior to surgery. If you have a known sensitivity to chlorhexidine gluconate, do not use the Hibiclens and inform the nurse the day of your surgery.

To use:

1. Do your normal routine in the shower.
2. Apply Hibiclens to your surgical area and gently wash from neck down, avoiding face and genitals and open wounds. Focus on the surgical site and more dirty areas like armpits, back of knees, etc.
3. Rinse thoroughly and dry off normally
4. Do not apply lotions, perfumes, etc.

Benzoyl Peroxide (shoulder and total joints surgery only)

Benzoyl Peroxide 5% gel (pink box) has been shown to reduce the risk of infection following shoulder surgeries. The gel is to be applied beginning 48 hours prior to surgery as outlined below.

Warning: Benzoyl Peroxide may bleach your clothing.

For two days prior to surgery:

Morning: Shower with anti-bacterial soap, dry well, then apply the gel (about a quarter size dollop) onto the skin of the affected shoulder. This should be gently rubbed onto the skin, as if you are applying sunscreen location. The gel will not be visible.

Night: Reapply the Benzoyl Peroxide gel as above.

Day of surgery:

Morning: Normal routine in the shower, followed by use of Hibiclens, and apply Benzoyl Peroxide prior to going to hospital.

NUTRITION

Trauma, injuries and surgeries can lead to a decrease in lean muscle mass, skin health, and the function of your immune system. Building your body nutritionally 7-14 days prior to surgery can promote adequate protein stores for recovery and carbohydrate (CHO) loading to improve insulin sensitivity (surgical stress may result in insulin resistance which can lead to postoperative hyperglycemia that is associated with poor outcomes.)

General benefits of perioperative nutrition:

1. Decrease risk of hospital readmission
2. Support immune health and recovery from surgery
3. Improve general well-being before and after surgery



So what can you do for your nutrition?

1. 5-7 days prior to surgery start drinking a Pre-Surgery Immunonutrition Supplement
 - a. See products examples below
2. The night before surgery drink a Complex CHO (maltodextrin) supplement if available
 - a. Benefit- may reduce perioperative discomfort, including anxiety
 - b. See product examples below

Easy changes to make now and for always as a lifestyle: \

1. Consume small and frequent meals (eat every 2-3 hours)
 - a. Meals with snacks between or 5-6 small meals
2. Include protein in every meal and snack
 - a. Quarter of your plate (lean meats, nuts, beans, eggs, dairy, legumes)
 - b. Protein prevents breaks down of healthy tissue and helps fight infection
 - i. For the average person, 1-2.2.0 g/kg of body weight of protein per day.
 - ii. An elderly person is going to be closer to that 1.2 while a fit and healthy person is on the 2.0 end of the scale.
 - iii. Post operatively- 1.5-2.0 g/kg
3. Drink enough water, milk and flavored water that your urine is a faint yellow to clear. (30-35 mL/kg/day)
4. Increase your fruits and vegetables (1/4 plate fruit & 1/4 plate vegetables or plate veggies)
5. Increase whole grains (1/4 of your plate)
 - a. 100% whole wheat bread, Brown Rice, Whole Wheat Pasta, Cereals, Quinoa\
6. Take a probiotic supplement of at least 1 million active bacteria daily.
 - a. Increase probiotics to improve your "gut health" can decrease the risk of surgical site infection, increase bowel motility, and decrease risk of postop pneumonia.

Easy tips and tricks: Easy Protein options:

1. If you can tolerate dairy, milk and yogurts to eat/drink or make smoothies. You can use dairy alternative with protein.
2. Lean meats (Chicken, Fish, lean beef and pork)
 - a. If can't cook, purchase precooked single portions of chicken in freezer section and throw in microwave.
3. Premade shakes ex. Ensure Immunonutrition, Ensure plus, Premier Protein Shake, Nestle Impact.
4. Fresh Fruits- can get pre-cut in deli is easier.
5. Vegetables
 - a. Don't overthink. Fresh is best but if a struggle to cook. You can even buy frozen steamer bags.
6. Whole grains- loaf of 100% whole wheat bread, quinoa and brown rice.
7. Snacks
 - a. Hummus, peanut butter, nuts, string cheese, whole grain crackers, dried fruit

TIP: to those with limited support post-surgery make it easier. Try to prep and freeze meals prior to surgery and get easy to cook items (even microwave). Those are better options than not eating.

EXAMPLE PRODUCTS

Immunonutrition Shakes:

Ensure Surgery Immunonutrition Shake- surgical immunonutrition

- Designed to support immune health and recovery from surgery
- Drink 2-3 shakes/day for 5-7 days before and after surgery
- If immunocompromised – minimum 7 days

Nestle Impact Advanced Recovery

- Designed to reduce risk of infections and help with recovery
- 3 cartons a day for 5 days before and after surgery

Ensure Pre-Surgery Clear Nutrition Drink- CHO loading-

- Helps reduce insulin resistance after surgery and improve patient outcomes
- Contains complex CHO and is low is osmolality
- Drink two bottles the night before and one the morning of surgery.



Nutrition counseling is available to review your current health status and provide you with custom counseling and goals specific to your needs. Contact our Dietitian at Mammoth Hospital: **Casey Michel, RD, CSSD** at (760) 924-4214 to arrange a nutrition consult or get a referral from your medical provider.

MAMMOTH HOSPITAL OPIOID POLICY

We prescribe opiate medications, such as Norco or Percocet, to help manage your post-operative pain. You are encouraged to wean off these medications as soon as tolerated. You can expect a prescription of up to 30 tablets. If needed, we will consider providing one refill. This may be smaller than the initial prescription. Please contact us during working hours Monday - Friday and prior to 12:00 PM on Fridays to assist with any weekend refill needs.

Surgeon/ PA will prescribe **Norco or Percocet 5/325 mg** for surgical cases if an opiate is indicated.

Initial prescription amount: **up to # 30 tablets**

We will consider one refill if requested, and the amount will be based on severity of the procedure.

Major: # 30 tablets

Moderate: # 15 tablets

Minor: # 0 tablets

Classification of common major/ moderate/ minor procedures:

Shoulder:

Major: Total Shoulder Arthroplasty, Rotator Cuff Repair/ Superior Capsular Reconstruction, labrum repair, Acromioclavicular reconstruction, Stabilization

Moderate: simple shoulder arthroscopy

Knee:

Major: Total Knee Arthroplasty, Meniscus repair, ligament reconstruction, osteotomy, tendon repair, OATS, cartilage or meniscal transplants

Moderate: simple knee arthroscopy

Hip:

Major: Total Hip Arthroplasty, hip arthroscopy

Ankle:

Major: Achilles repair, Syndesmosis repair, Lis Franc repair, arthroplasty/fusions

Moderate: Brostrom, bunions, hammertoes, isolated scope

Hand:

Moderate: Basilar joint reconstruction, Carpal fusion

Minor: Carpal tunnel release, Trigger release, tendon repair, ganglion resection, dupuytren's release, wrist arthroscopy

Fracture fixation:

Major: femur, hip, tibia, ankle bimalleolar, humerus, both bone forearm fracture

Moderate: wrist, elbow, isolated fibula

Minor: closed reduction percutaneous pins, hands, and clavicle

Non-operative fractures/ spine:

One prescription of up to **# 30 tablets** Norco or Percocet 5/325 mg

DAY OF SURGERY

You will arrive **90 minutes** before your scheduled surgery time to begin your pre-surgical prep, you will meet with the anesthesiologist and your surgeon prior to going to the operating room. If you have significant concerns regarding your options for anesthesia, please inform the PASS center when they contact you to coordinate your surgery.

If you have major questions about the surgery itself, please contact your surgeon before the day of surgery. These discussions can take time and we want to make sure all your major questions are addressed ahead of time.

You will need someone to provide you a ride home. You can request your post-operative prescriptions before surgery and your ride can pick them up during your procedure. Please indicate the pharmacy you would like your prescription sent to.. Your ride will be notified by phone when you are ready after your surgery to be discharged to home.

Please plan to have someone with you the first night following surgery to aid in your comfort and in case of any emergencies.

Things to bring to your surgery:

- ID, insurance card/ Workman's Comp information
- Any icing device (cold pack, Cryo-cuff, etc.)
- Crutches for a hip, knee or ankle surgery (if you already have some)
- Wound vac components (if applicable)

Please wear:

- Athletic shoes that are easy to put on
- Loose, comfortable clothes
- Sweatpants/shirts in the winter
- Button up shirt for shoulder, elbow or wrist surgery

Please leave home:

- All jewelry



www.MammothHospital.com
 (760) 934-3311



Sierra Park Road

