



SURGERY PREPARATIONS

6-8 weeks prior

- Purchase SAGE Antiseptic Body Cleanser Washcloths. These can be purchased at the Whistler HealthCare Centre on a Monday or Wednesday, 8a.m. – 12noon from a fracture clinic admitting staff person. This Antiseptic Body Cleanser is also available at Nesters Pharmacy, 7019 Nesters Road. The wipes are located behind the pharmacy counter, you will need to ask the pharmacist to purchase these wipes. In Squamish, this cleanser is available at Shoppers Drug Mart, 1339 Pemberton Avenue in downtown Squamish. The wipes are located behind the pharmacy counter, you will need to ask the pharmacist to purchase these wipes. Wipe your *entire body* before arriving at Squamish General Hospital on the day of your surgery. DO NOT use a Chlorhexidine Gluconate.
- Constipation is miserable. It is easier to prevent than treat. Discuss options for prevention with your GP/pharmacist (consider PEG or Senokot) prior to surgery.
- Refrain from scheduling a dental appointment 6 weeks prior and 6 weeks after surgery. This includes cleanings, check-ups and any other dental procedure. If you are scheduled for surgery and have an urgent dental matter come up, please notify our office immediately.
- If you are over 50 years of age you will need an EKG completed prior to surgery.
- Notify our office if you are on prescription diuretics as you will need lab work completed.
- If you believe that you have an infection or have been prescribed antibiotics for any reason within six weeks prior to your surgery date, please notify our office immediately.

Approximately 2 Weeks Prior

- If you are taking ASA (Acetylsalicylic Acid) that has been prescribed by your doctor for cardiac reasons, please notify our office and continue taking the ASA.
- Ten days prior to your surgery please refrain from taking any non-steroidal anti-inflammatory drugs (NSAIDs) or supplements including Vitamin E, ginger, ginseng, tumeric or ginkgo biloba. If you are unsure if you are on any of these products, please contact our office for reference. Commonly used drugs include, but are not limited to: Ibuprofen, Advil, Motrin, Robaxacet, Celebrex, Naproxen, brand name Bayer products, aspirin, Cold-Fx. These products cause your blood to thin and make it difficult to see during surgery.
- If you have any open wounds 2 weeks prior to surgery please notify our office.
- It is important to avoid high risk activities at least 2 weeks prior to surgery. An injury can cause your surgery to be canceled and depending on the severity of your injury your surgery could be delayed until you are fully healed. High risk activities include, but are not limited to, snowboarding, skiing, mountain biking, hockey and “dangerous jobs”.
- One week prior to your surgery, please do not remove hair from the surgical site. This can increase your risk of postoperative infection.