

Dear Patient,

Thank you for choosing Dr Ben Petre and the team at OSMC for your orthopedic surgery. To ensure a successful outcome Dr. Petre recommends that you follow a specific set of pre-operative and post-operative instructions and guidelines set forth by his medical and rehabilitation team. You will find all of these instructions and the rehabilitation protocol included in this packet that provides.

Typically, Dr. Petre will have you schedule a follow-up medical appointment at **2, 6, and 12** weeks after your surgery date. At these appointments Dr. Petre will re-evaluate your progress, assess range of motion, and possibly strength in order to determine if you are appropriate for progressing to the next phase of your post-operative rehabilitation.

Before your surgery, **you should schedule your first appointments with physical therapy** to begin the day after your surgery unless otherwise instructed. Please let Dr. Petre's team know when and where your post operative rehab will be so he can see you in rehab if he is available. At your first PT visit, your physical therapist will meet with you to answer your questions, review your progress, modify your current program if needed, and progress you to the next phase of your post-operative rehabilitation program if appropriate. This appointment is a valuable and important component of your post-operative recovery to ensure a successful outcome following your orthopedic surgery.

Please read this entire packet before surgery so you are well informed about the post-operative recovery process, wound care, medications, physical therapy, etc prior to the procedure. Most of this information is also located on my website <http://drpetre.com>.

The best way to choose a good doctor is to find out what others think about them. If you have a good experience with Dr. Petre and his team, **please share your experience with others both in person and online (healthgrades.com, vitals.com or angieslist.com).**

Thank you and we look forward to helping you during your recovery and return to activity!

Sincerely,

Benjamin M Petre, MD

2000 Medical Parkway, Suite 101

Annapolis, MD 21401

410-280-4717

<http://drpetre.com>

Preparing for Surgery

What to do to prepare for your surgery

If Dr Petre has recommended surgery as your treatment, he and his team will support you through this process and your recovery. It is important to prepare for your surgery as best you can in order to minimize your down time.

Pre-Operative Visit

Before your surgery, Dr Petre would like you to schedule a pre-operative office visit. There are a number of goals for this visit:

- Dr Petre will re-examine you and confirm your need for the procedure
- The procedure, risks, benefits, alternatives to surgery will be reviewed
- You may receive your post-operative instructions and any necessary prescriptions including your pain prescription
- The logistics of your surgery day will be reviewed including where and when to arrive, when to stop eating before your surgery, how long to expect to be in the hospital, and what to expect on the day of surgery. **If you did not receive specific instructions regarding eating and drinking, STOP eating at midnight before your surgery.**

Pre-Operative Medical Clearance

Often, we will order routine labs including blood work and urine tests prior to surgery. Dr Petre may also ask you to see your internist and possibly your cardiologist for their preoperative recommendations and clearance if you meet any of these following criteria:

- Age 50 or more
- Previous history of problems with anesthesia
- Previous history of any cardiac (heart) problems including heart attack, arrhythmia, chest pain, previous heart or lung surgery, etc.
- Bleeding or blot clot history
- Lung problems such as asthma, cystic fibrosis, restrictive lung disease, etc.

Pre-Operative Skin Care

Our infection rate is extremely low because we take steps to prevent infection. Dr Petre recommends cleansing the skin prior to surgery with a chlorhexidine (CHG) based soap or cloths the day before and the morning of surgery. These products are available at all major drug stores.

General Recommendations:

- It is important to drink a lot of water the day before your surgery to prevent dehydration
- Avoid alcohol the night before your surgery and get plenty of sleep
- Know where you are going in the morning, maps and directions are available to our surgery locations here
- Be available on the phone number you provided, occasionally schedules change and we may want you to arrive earlier or later than originally planned.

Surgery Logistics

Where Should I go for my surgery?

Surgery will either be scheduled at the Edwards surgical Pavilion or the Hospital Pavilion 2nd floor surgical suite. Both are located at 2001 Medical Parkway, Annapolis, MD 21401. Both are in the East campus. Parking for Edwards is in Garage C, for Hospital in Garage A.



Anne Arundel Medical Center offers free self-parking in our five garages.

Maps Online

For complete maps, where to park by building and descriptions, visit us online at askAAMC.org/GetHere



Your Guide to Parking

Make sure you are going to:

- 1 the **Correct Side of Campus**
- 2 the **Correct Garage**, and
- 3 the **Correct Building**

EAST CAMPUS

BUILDING	GARAGE
Hospital Pavilion, North Entrance....	C
Hospital Pavilion, South Entrance...	A
Emergency Room.....	A
Clatanoff Pavilion.....	C
Donner Pavilion.....	B
Edwards Surgical Pavilion.....	C
Wayson Pavilion.....	B

WEST CAMPUS

BUILDING	GARAGE
Health Sciences Pavilion.....	E
Sajak Pavilion.....	D

When should I arrive? What is my surgery time?

Surgery times are not set until the business day prior to surgery and are subject to change! You will receive a phone call from the surgery department on the business day prior to your surgery in the afternoon to confirm your surgery time and your arrival time. You will need to arrive well before your surgery time.

What should I bring with me to surgery?

- Wear loose fitting clothes that are easy to get on and off, appropriate for the season.
- Shoes that are easy to get on and off and are supportive are advisable.
- Bring your surgery packet that you received at your pre-operative visit including all of this paperwork and especially your consent form.
- All your medical paperwork including insurance cards, photo ID, and if you have them a copy of your : advance directives, living will, power of attorney.
- A responsible adult to drive you home
- A book/music player/phone are fine to bring if you can give them to your accompanying adult during surgery.
- Do NOT wear jewelry, piercings, or place any makeup, ointments, moisturizers, etc on your skin.

What will happen when I arrive?

- You will first be checked in and review your paperwork
- You will be asked to change into a gown
- An IV will be started
- Your nurse, anesthesiologist, and Dr Petre will all visit you prior to the surgery to review the surgery and answer any questions.
- The pre-operative space is limited and you will be restricted to 1-2 family members while you are getting ready for surgery.

What should I do if something changes between now and surgery?

If you become ill or otherwise can not have surgery, please call us immediately at 410.280.4717

If you have questions prior to surgery, call 4102804717 or email Dr Petre at bpetre@osmc.net

For questions relating to anesthesia, the surgery facility or your stay at the hospital call 443-481-1840 or 443-481-1000

What should I do about my medicines before and after surgery?

Medications are important for your health, but there are some that increase your risks around surgery and others that it is dangerous to stop. The list below does not cover every possible medicine, just the most common ones. If you have questions about your medicines, **please ask!**

*Medicines that should **not** be stopped:*

Many blood pressure, heart disease and seizure medicines should be taken as prescribed including the morning of surgery. These include:

- beta blockers (metoprolol, Toprol, Lopressor, atenolol, Tenormin, propranolol, Inderal, etc)
- blood pressure medications
- anti-reflux medications (omeprazole, Prilosec, ranitidine, Zantac, rabeprazole, Aciphex, esomeprazole, Nexium, etc)
- Narcotic pain medicines and tylenol

Medicines to stop 2 weeks prior to surgery

- Blood thinners should be discussed on a per patient basis including Plavix, Aspirin, Coumadin, Heparin
- Herbals including: Dong Quai, Gingko Biloba, St. John's Wort (all types), Echinacea, Ginseng, Valerian, Ephedra, Glucosamine, Vitamin C (more than 2000mg daily), Feverfew, Goldenseal, Vitamin E (more than 400mg daily), Fish Oils (Omega-3 Fatty acids), Kava, Garlic, Licorice
- All diet pills
- All nicotine products including cigarettes, cigars, chew, dip and nicotine patches and gum.

Medicines to stop 1 week (7 days) prior to surgery

- Stop **ALL** over the counter herbal medications/supplements 7 days or more before your surgery.
- Stop all anti-inflammatories or NSAID medicines including ones taken for pain (Ibuprofen, Naproxen, Aleve, Advil, Celebrex, etc.)

INFECTION PREVENTION

There is a small risk of infection with any surgery. AAMC and Dr Petre have a very low surgical site infection rate. We work hard to prevent infections and want you to get involved and play a role in your health.

Because skin is not sterile, we need to be sure that your skin is as free of germs as possible before your admission. You can reduce the number of germs on your skin and decrease the risk of a surgical site infection by preparing your skin with a special soap called chlorhexidine gluconate (CHG). The instructions for use are attached.

WHAT IS CHG?

CHG is a chemical antiseptic that is effective on both gram-positive and gram-negative bacteria. It is both bacteriocidal (kills) and bacteriostatic (stops reproductions) of any bacteria on the skin. CHG is in several products such as mouthwash, contact lens solution, wound wash, acne skin wash, topical skin cleansers (Choraprep – what is used to clean your skin before an IV), thus, we do not expect using this soap will cause skin irritation but please speak with your primary care physician to discuss any allergies. Studies show that repeated use of CHG soap enhances the ability of CHG to reduce bacterial counts on the skin; not only during the immediate period after the shower but for a number of hours afterward. Study results suggest that patients may benefit from bathing or showering with CHG soap for at least 3 days before surgery in order to achieve the most benefit. It is unknown whether using CHG soap for less than or more than 3 days is beneficial. We recommend 3 days of treatment but understand this is not always possible and bathing the night before and the day of using CHG is acceptable. CHG soap can be purchased at Safeway, City Market, WalMart, and other local pharmacies. Nationally, it is available at Walgreens, RiteAide and other national pharmacies. It is also available online at [amazon.com](https://www.amazon.com).

SHOULD THE WHOLE BODY BE BATHED WITH THE CHG SOAP OR JUST THE SURGICAL SITE?

The CHG bath/shower prior to surgery should include the whole body “from the neck down” to avoid soap getting into the eyes, ears, nose, or mouth. Patients should also be reminded not to wash genital areas or scalp hair with CHG solution. Genital areas can be washed with antibacterial soap if desired.

GETTING YOUR SKIN READY FOR SURGERY – CHLORHEXIDINE SOAP SHOWER

Chlorhexidine Gluconate (CHG) 4% is a special chemical found in soaps such as Hibiclens and other brands. Everyone’s skin has germs; this soap can reduce the number of germs on your skin. Follow these instructions to reduce your risk of infection.

Shower or bathe one-time-a-day for 3 days prior to surgery with a CHG 4% liquid soap:

Step 1: Wash your hair, face, and body, with your normal shampoo, conditioner and soap. Rinse completely.

Step 2: Turn off the shower or step out of the bathwater.

Step 3: Pour a quarter size amount of liquid CHG soap onto a wet, clean washcloth and apply to your entire body FROM THE NECK DOWN (DO NOT use CHG on face, hair, or genital area)

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Step 4: Rub the soap filled washcloth over your entire body for 3 minutes – apply more soap as needed (1/3 of the bottle should be used with each shower).

Step 5: Turn on the shower or return to the bath and rinse the liquid soap off your body.

Step 6: Towel dry.

24 Hours Before Surgery:

- Do not apply lotions, powder, or deodorant to your body
- Do not shave or remove any body hair below the neck (facial shaving is permitted)

If you are allergic to CHG or for any other reason washing with CHG is not possible, please follow the instructions attached and use antibacterial soap (such as Dial antibacterial).

General Instructions:

1. Read the “Drug Facts” information and directions on the bottle
 - CHG is not to be used on the head, face, or genital area
 - CHG should be kept away from the eyes ears or mouth
 - CHG should not be used if you are allergic to an of the ingredients in the preparation
2. CHG 4% soap can be purchased at most large pharmacies, including the AAMC pharmacies, Wal Mart, Citi Market, Safeway, Walgreens and RiteAid
3. Stop using the soap and call your doctor if you have a skin reaction such as severe burning, itching, redness, blistering, peeling, swelling, rash or any other severe irritation