



**Shawn G. Anthony, MD, MBA**  
*Shoulder, Knee & Sports Surgery*  
*Assistant Professor, Sports Medicine*  
*Department of Orthopedic Surgery*  
*Icahn School of Medicine at Mount Sinai*

Mount Sinai West  
425 West 59th Street, 5th floor  
New York, NY 10019  
Office: 212.523.7594  
Fax: 212.523.8730

### PRE-OPERATIVE INSTRUCTIONS

Name: \_\_\_\_\_

Your surgery is scheduled for: \_\_\_\_\_

Location:                   **Manhattan Surgery Center**  
619 West 54<sup>th</sup> St, 6<sup>th</sup> Floor  
(Between 11<sup>th</sup> and 12<sup>th</sup> Ave)  
New York, NY 10019  
(212) 231-7778

**Mount Sinai West**  
Ambulatory Surgery, 5<sup>th</sup> Floor  
1000 10<sup>th</sup> Avenue  
Between West 58<sup>th</sup> & 59<sup>th</sup> St  
New York, NY 10019  
(212) 523-4000

#### **In preparation for your surgery, follow the instructions below:**

- PRE-SURGICAL SCREENING:** You will be notified when you schedule surgery if you will require pre-surgical screening. Make an appointment to see your primary care physician (PCP) for medical clearance no sooner than 30 days but no later than 14 days prior to your surgical date. Please bring the attached letter to your PCP and have PCP's office fax all results and clearance letter to our office at least one week prior to your surgical date. Our fax number is (212) 523-8730.

***Important Note:** If you have any condition related to cardiac disease, hypertension, diabetes, lung disease, urinary problems, cancer, or other pertinent medical conditions, you may be required to have additional diagnostic and lab tests at the discretion of your physician. Please call our office if any of your medical conditions change or you start a new medication after your initial consultation with Dr. Anthony.*

***Diabetic patients:** Please speak with your primary care physician prior to the procedure to discuss any necessary changes with your insulin or oral medication.*

- One week (7 days) prior to the surgery, discontinue** Aspirin or any anti-inflammatory medications such as Ibuprofen, Aleve, Advil, Indocin and Naproxen. **If you are on any blood thinners such as Coumadin (Warfarin), Plavix or Xarelto**, please let us know and check with your prescribing doctor as well as your medical clearance doctor prior to your scheduled surgery. These medications may need to be adjusted or stopped several days before the surgery.
- SURGERY TIME:** You will receive a call at least one business day prior to your surgery to inform you of the surgical start time and when to arrive at the surgery center. **IF YOU DO NOT RECEIVE A CALL BY 1PM, PLEASE CALL THE OFFICE AT (212)523-7594.**



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- SKIN PREP:** The night before and morning of surgery, shower or bathe with hibiclens antiseptic skin cleanser (found at your local pharmacy). See instructions attached in this packet.

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE THE SURGERY.**

- DAY OF SURGERY:**

On the day of the surgery, ***please arrive at the surgery center one (1) hour prior to your scheduled surgery time.***

\*Please bring all relevant outside x-rays, MRI discs, and reports with you.

\*Please bring your insurance information and a photo ID. Do not bring any valuables with you.

\*You and your family will be given **post-operative instructions** from Dr. Anthony following surgery. These are written instructions that you may refer to at home. Please have a large supply of ice available to keep the affected area cold at home. If you are having shoulder surgery, you will need to have extra pillows to ensure you're maintaining shoulder support and comfort sleeping.

\*Unless you are allergic, we recommend that you take 1000 mg of vitamin C daily for seven days prior to surgery and for at least one month after surgery to improve healing. This may be obtained from your pharmacy without a prescription.

- STATE LAW** & the Surgery Center policy require that patients be escorted from the hospital upon discharge on the day of surgery. This policy is strictly enforced to ensure your safety. Please make arrangements for someone to take you home. Please note that arranging for a car service is not acceptable. The person who will escort you must be someone who will take responsibility to care for you until you reach your destination safely.

- ICE THERAPY:** Dr. Anthony recommends that patients obtain either a Cryocuff / Ossur Cold Rush ice machine (purchase for ~\$140 on Amazon) or GameReady ice machine (rental) depending on the type of surgery scheduled. These devices use ice and chilled water to keep the surgical site cold reducing your pain and swelling post-operatively. It is approximately \$300 to rent the GameReady ice machine for 2 weeks through a third-party vendor (BioDynamics). Please call BioDynamics to arrange for delivery of the GameReady at 1-800-879-2276.

- RESCHEDULING / CANCELLATION:** The Surgical Center requires advance notice for rescheduled or cancelled procedures. Advance notice of at least one week is expected. Please call our office immediately if any concerns about your scheduled surgical date.



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## PREPARING YOUR SKIN BEFORE SURGERY

### PRE-OP HIBICLENS® BATHING INSTRUCTIONS:

#### General Information:

- Because the skin is not sterile, it is important to make sure that your skin is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery.
- Chlorhexidine gluconate (CHG) is a special soap that is often used to cleanse the skin before surgery. One common brand is Hibiclens®. If you are allergic to Chlorhexidine, contact the office.

#### Bathing Instructions:

- Shower or bathe with Hibiclens® the night before your surgery and the morning of your surgery. (A total of 2 showers or 2 baths with Hibiclens®)
- **Do not shave the area of your body where your surgery will be performed. This will be done at the hospital by our staff.**
- With each shower or bath, wash your hair as usual with your normal shampoo.
- Rinse your hair and body thoroughly after you shampoo to remove all shampoo residues.
- Apply the Hibiclens® soap to your entire body ONLY FROM THE NECK DOWN.
- Do not use Hibiclens® near your eyes or ears
- Wash thoroughly, paying special attention to the area where your surgery will be performed.
- Do not wash with your regular soap after Hibiclens® is used.
- Pat yourself dry with a clean, soft towel.
- Do not use lotion, cream, or powder.
- Wear clean clothes.

**Where to get Hibiclens®:** Your Preferred or Local Pharmacy

