



Jan-Eric Esway, MD

Orthopaedic Surgeon

www.janeswaymd.com

PRE-OP INSTRUCTIONS

LOCATION

Spotsylvania Regional Medical Center
4600 Spotsylvania Parkway
Fredericksburg, VA 22408

PHONE NUMBERS

Scheduling/Registration: (888) 327-8882 Option 3 then Option 7
Same Day Surgery Front Desk: (540) 498-4790
My Office: (540) 834-5448
Hospital Operator: (540) 498-4000

SCHEDULING PROCESS

During your office visit, Dr. Esway will talk with you about your surgery and any questions you or your family may have. Susan, the practice's Clinical Coordinator, will call the OR to schedule a date and approximate time for your procedure. She will then provide you with a Surgery Packet, including this date and time, and provide you with additional information regarding what to expect.

After leaving Dr. Esway's office, the hospital will call you (1-888-327-8882, option 3 then option 7) to obtain your insurance information and determine if you may need additional testing (e.g. lab work) to be completed at the hospital prior to the day of your surgery. The purpose of this is to make sure that the entire Medical team is prepared to give you the BEST care possible on the day of your surgery. For example, the anesthesia team cannot safely put anyone older than 50 to sleep unless they've had an EKG within the last year.

If you have medical problems or you are ≥ 50 years young, you will most likely be required to go through pre-admission testing on a day prior to your surgery. If you have any questions, please call the Same Day Surgery front desk at (540) 498-4790.

PAIN MEDICATION

Prescriptions for pain and nausea medications will be provided on the day of surgery. At the pharmacy, you should also purchase a stool softener (Senna or Colace) to help prevent constipation, which commonly occurs with all narcotic pain medications.

4701 Spotsylvania Pkwy, Suite 203
Fredericksburg, VA 22407
540-834-5448



You should not need a refill of pain medication prior to your 1st follow-up visit after surgery. On the rare occasion that a refill is necessary, refill requests must be made during business hours, M-F by 2:00 p.m., 48 hours before you run out of pain medication. Pain medication will only be prescribed for a period of no more than 2 weeks. If you require long term pain control, you will be referred to your PCP or to a pain management specialist.

DISABILITY/FMLA/INSURANCE FORMS

Please complete as much information as you can and then bring the forms to your next scheduled appointment. We will be glad to help you complete the form, but please understand that you will need to be present in the office in order for us to be accurate in its completion. It is important that we get your input on how much time you think you need to recover successfully. There is a \$25.00 charge for completion of the 1st form, then \$5 for each subsequent form completed.

BEFORE SURGERY, STOP TAKING:

Aspirin, Coumadin & Plavix	7 Days Before Surgery
Lovenox	24 hours Before Surgery
Ibuprofen, Aleve, Vitamin E & Fish Oil	3 Days Before Surgery
Prednisone & Rheumatoid Arthritis Meds	7 Days Before Surgery And 14 Days After Surgery
Tobacco & All Nicotine Products	2 Weeks Before Surgery And 4 Weeks After Surgery

If you are unsure about a medication you are taking and it is not on this list, please ask.

ANESTHESIA

Some patients will have a “nerve block” performed before surgery. When this type of anesthesia is chosen, the anesthesiologist will inject a form of lidocaine around the knee in order to put your leg to sleep. The advantages of this type of anesthesia are that most patients have less nausea and require less narcotic pain medication after surgery. Nerve blocks are not always the right choice for every patient or every procedure. The anesthesia team will talk to you more specifically about this before your surgery. They are excellent at making sure you are completely comfortable throughout the entire procedure and afterwards in the recovery room.

CRUTCHES & WEIGHT-BEARING

After surgery, you will need to limit the amount of weight you put on your foot



(“weight-bearing”). This will require the use of crutches, a walker or a “Roll-a-Bout” walker.

While the hospital is equipped to provide you with crutches or a walker after surgery, our strong recommendation is to take care of this before surgery. Learning how to use crutches after anesthesia is not ideal.

Many patients find that a “Roll-a-Bout” walker is much easier to use. These can be rented at many medical supply stores or purchased online.

BE PREPARED

Be prepared to elevate your incision after surgery to prevent swelling. Your incision should be above the level of your heart 80% of the time (unless otherwise instructed) until your 1st office visit after surgery. If you are having foot/ankle surgery, a good way to remember this is “**toes above nose!**”. Setting things up ahead of time and making sure you have enough help will make your recovery after surgery much more pleasant.

HANDICAP PLACARDS

Please do not hesitate to ask for a handicap placard during any of your office visits.