

To-Do Checklist For Surgery:

- 1. Schedule your surgery date**
 - o please call Morgan, Dr. Rice's surgery scheduler, at 513-985-8630. You may also call the main number at 513-354-3700.
- 2. Schedule your 1st post-op appointment**
 - o This may be scheduled with Morgan while scheduling the surgery date
- 3. Schedule physical therapy (if applicable) within 48-72 hrs of surgery** or the following Monday if surgery is on Thursday.
 - o A list of locations was provided in your pre-op folder. If you are uncertain whether you require therapy after your surgery, please call me.
- 4. Schedule your medical history and physical exam** appointment with family physician (aka primary care physician or PCP) within 30 days of surgery
 - o Medical clearance is required by the anesthesia team to ensure your safety with surgery
- 5. Obtain additional imaging** such as CT scan (often performed for hip scope procedures) if necessary
- 6. Make time to review Dr. Rice's website to prepare for the upcoming procedure**
 - o *Cincysportssurgeon.com*
 - o This to-do checklist can be found under menu tab → click on current patient tab → preparing for surgery tab.
- 7. Use hibiclens soap to shower the night before surgery**
 - o Lather and rinse from the neck down, avoiding sensitive areas such as the head/face and genital area (use your typical mild soap for these areas).
 - o Follow up shower with sage wipe scrub around surgical site (i.e. hip, knee, shoulder)
 - o Use second sage wipe to scrub surgical site again morning of surgery
 - o Your surgery preparation may include different cleansing instructions than above. Please call me with any questions or clarifications
- 8. Hydrate well the evening before your surgery**
 - o Drink at least 2-3 tall glasses of water before midnight
 - o After midnight, no eating and no drinking
 - o You may take a few sips of water if you were directed to take certain medication(s) the morning of surgery
- 9. Bring crutches, brace, ice unit (if you have one), sling etc. with you the morning of surgery and provide to the preoperative nurse**