



Missoula Bone & Joint Surgery Center

2360 Mullan Road, Suite B

Missoula, MT 59808

Surgery Center (406) 542-9695

Main Clinic and After Hours (406) 721-4436

Surgery Center Patient Instructions – Before, Day of, After, At Home

We are here for you!

Before Surgery:

- You may be asked to have lab work, x-rays, an MRI, and/or an EKG. If so, please inform us **where** these were done so we may obtain the results.
- After your surgery, your physician may want you to utilize some type of Durable Medical Equipment (DME) such as a brace, sling, walking boot, or cold therapy unit. Missoula Bone & Joint's DME staff are Certified Fitter of Orthotics who will fit you for these items and teach you how to use them. Our DME Coordinator will also discuss any insurance questions that you may have with regard to this equipment. If you are given DME prior to surgery or plan on using something you already have, make sure you bring it with you the day of surgery.
- If you are having surgery on your leg or foot, please check with your surgeon to see if you need crutch training. It is a good idea to practice using crutches before surgery. There are resources at MBJ that can help you learn to use crutches if needed. Please make your home safe for crutch use (i.e. rearrange furniture, etc.). Have your crutches in the car on the day of surgery, you will use them to get from your vehicle into your home.
- A nurse will call you the day before surgery with specific times and instructions. Please be flexible and available the entire day of surgery, the schedule changes often.
- Arrange for a responsible adult to drive you home and stay with you for 24 hours.
- Drink extra fluids the day before surgery.
- **IMPORTANT: Do not EAT or DRINK anything after MIDNIGHT the night before your surgery.** However you may drink clear liquids up to 4 hours before surgery (water or Gatorade only).
- Please call your surgeon immediately (406)721-4436 or 1-866-721-4436, if you become ill or are otherwise unable to keep your appointment. This phone number is also our after-hours number.

Day of Surgery:

- **IMPORTANT: Do not EAT or DRINK anything after MIDNIGHT the night before your surgery.** However you may drink clear liquids up to 4 hours before surgery (water or Gatorade only).
- Take appropriate medications as instructed by your pre-op nurse with a small sip of water.
- Leave valuables and all jewelry at home.
- Bring insurance cards, case for glasses or contacts, and all non- narcotic prescription medications.
- Bring any DME that you will need after surgery, such as; crutches, brace, sling, walking boot,
- Please bring the pad from your cold therapy unit.
- If you are CPAP dependent, bring your machine with you in case it is needed in the recovery room.
- An IV will likely be placed for medication administration before, during, and after surgery.
- You will have an opportunity to talk with the surgeon and anesthesiologist prior to surgery. They will discuss the best plan for you and answer any questions you have.

After Surgery:

- You will be taken to the recovery room after your surgery, where you will be monitored and cared for. Family will be allowed to visit when the nurse has finished transitioning you from surgery. You are allowed one person with you in the recovery room.
- The nurse will review with you, and the responsible adult who is to accompany you home, the specific instructions given by your surgeon, then escort you to the car.

At Home:

- The anesthesia will make you groggy and cause impaired judgment. Do not drive, operate machinery, or consume alcohol for the first 24 hours after surgery and while taking pain medication.
- Take pain medicine as directed. For milder pain, you may be instructed to take NSAIDS (ibuprofen, Aleve), or Tylenol (Acetaminophen). Many pain medications contain Tylenol, check with your pharmacist to make sure you do not exceed the maximum dose (4000 mg) of Tylenol in a 24 hour period.
- Your provider may order aspirin or compression stockings to help prevent blood clots after surgery; details will be discussed with you prior to discharge.
- You may need to take an over-the-counter stool softener/laxative while taking pain medication to avoid constipation.
- Advance diet as tolerated - Drink extra fluids.
- If you are CPAP dependent, you will be instructed to use it after surgery whenever sleeping, napping, or while taking pain medication.
- **NOTIFY YOUR SURGEON IF YOU HAVE QUESTIONS OR PROBLEMS** either by calling the Orthopedic Assistant that works directly with your surgeon, or our main clinic number (406)721-4436. A Missoula Bone & Joint surgeon is on-call 24/7 and is willing to help after business hours with urgent concerns. **Please call 911 for all emergencies**, tell the Emergency Room that you are a patient at Missoula Bone & Joint and they will contact us.
- A staff directory can be found on our website <https://www.missoulaboneandjoint.com/contact-and-location/#StaffDirectory>