



**406-257-6700**  
111 Sunnyview Lane  
Kalispell, Montana 59901

*Please read the following information carefully. Thank you for entrusting us with your care.*

**Anesthesia Clearance**

You will receive a phone call from the nurse after your surgery is scheduled. She will review your medical history for our anesthesiologists. If you are unavailable a message will be left for you to return our call.

**Diagnostic lab tests, X-rays & EKG's specific to your medical history may be ordered.**

**Call the Clinic (752-7900) if you develop a cold, sore throat, fever or other illness that occurs within 48 hours before your surgery.**

**Please call  
406-257-6700  
between 3 & 5 pm  
the business day prior  
to your procedure to  
obtain your arrival time.**

Surgery times vary. Each surgery can take longer or go faster than anticipated. If the schedule changes considerably we may call you on the day of your surgery to see if you can come in sooner or later than your scheduled arrival time.

**The facility opens promptly at 6:30 AM**

**A responsible adult (over the age of 18) is required to come inside after your surgery to review the discharge instructions and to drive you home.**

A taxi is not considered acceptable transportation. Do not drive for the next 24 hours or while taking pain medication. You should be in the care of a responsible adult for at least the first 24 hours after surgery.

Just before it is time for you to be discharged to home we will ask your driver to move the vehicle directly under the sliding front doors at the main entrance.

**We will take you to your vehicle by wheelchair.**

**NO food or drink after midnight.**

(This includes gum, breath mints, candy, smoking, & chewing tobacco)

Ok to shower & brush your teeth the morning of surgery.

You may bring your medication to take after surgery.

**Do not wear makeup, creams, lotions, finger or toe nail polish.** OSC is not responsible for **jewelry or valuables.** (Please leave at home.) If you are unable to remove your **rings**, they will need to be cut off on the surgical side.

**You will be going home the same day of your surgery.** You will also receive a copy of your discharge instructions. **We'll be calling the next business day after your surgery to check on your progress!**

Bring your **sling, brace, post op boot or shoe** if your surgeon has instructed you to do so.

**Lower Extremity Surgery:** Please leave your crutches in your car as you will need them **after** you arrive home to transfer from your car into your home.

**During your pre-operative visit you will be instructed on the use of your medications for your surgery day.**

Inform your surgeon if you are taking an **antibiotic.**

**Aspirin:** stop 10 days prior to surgery.

**Anti-inflammatory medications (Aleve, Advil, Motrin, Naproxen, Ibuprofen, etc.):**

stop 5 days prior to surgery.

**Vitamins, herbs, supplements:**

stop 7 days prior to surgery.

**Diabetics:** stop oral hypoglycemic agents or insulin the surgery morning & bring with you.

**Respiratory conditions:** bring your inhaler.

If you are taking **Anticoagulation medication (Coumadin, Plavix) your surgeon must be aware.**

You may need to stop these medications before your surgery. Your cardiologist may also need to be involved.

**Coumadin patients** may need to have a PT/INR lab draw the day before surgery and the results faxed to OSC (406-257-3612).

**Pain after surgery is to be expected.** Your comfort throughout your stay as well as after you go home is our priority!!!

Pain medication will be given during your surgery.

We frequently ask you to rate your discomfort at your surgery site using a pain scale.

0 is no pain---10 is **your** worst pain.

We may give pain medication after your surgery to ensure any discomfort you may have is at an acceptable level prior to your discharge.

You will also receive a prescription for pain medication for use at home.