

RALEIGH ORTHOPAEDIC

Pioneering Orthopaedics Since 1919

• Hand & Wrist • Shoulder & Elbow • Spine • Hip & Knee • Foot & Ankle •
• Sports Medicine • General Orthopaedics • Total Joint Replacement •

Day Before Surgery

- Take your medicines as discussed at your pre-operative appointment- if you have any questions about what you should/should not take please contact Dr. McNabb's team at 919-781-5600 ext 5043
- Do not eat or drink ANYTHING 8 hours before surgery, nothing after midnight
- Do not drink alcohol, smoke or use any other recreational drugs
- Make sure you have your insurance cards and any payments needed for the day of surgery
- Put together a stay bag for the hospital which should include:
 - Comfortable, loose-fitting clothing to wear home
 - Bring a list of medications and the dosage you take
 - Case for eyeglasses, dentures or hearing aids
 - Please leave your jewelry at home or with family/friends
- Make sure your house is ready for your return:
 - Tripping hazards removed
 - Sleeping arrangements set
 - Friends or family arranged to help with your care
 - Pet care arranged