

DR. KUSHAL PATEL, MD

Orthopedic Sports Medicine Surgery

Patient Guide: Preparing for Your Surgery

Welcome

Welcome, and congratulations on taking this step toward a healthier, more active life. This guide is designed to walk you through everything to expect between now and your surgery date, including your appointments, pre-operative testing, medications to pause or continue, and how to get your home ready for a smooth recovery.

As details are confirmed, our scheduler, Mary, will contact you by phone, text, or email to set up your pre-operative visit, your surgery date and location, and physical therapy if it's needed afterward. You can fill in those details on the form fields throughout this guide as you receive them, so everything you need is kept in one place. Please read the guide in full and keep it somewhere handy so you can refer back to it as your surgery date approaches.

HOW TO USE THIS PDF

Click into any shaded box to type your information (dates, times, locations). Checkboxes can be selected once your care team confirms which items apply to your surgery.

Patient Name:

Date of Birth:

Today's Date:

Office Phone: 972-771-8111 • Fax: 972-771-8103 • Messages via your patient portal

Surgery Details

Your Scheduled Surgery

Procedure:

Surgery Date:

Arrival Time:

Surgery Location:

Possible surgery center locations:

- BSW Surgicare at North Garland — 7150 N. President George Bush Hwy., Garland, TX 75044 — (214) 703-1800
- Texas Health Surgery Center Rockwall — 3144 Horizon Road, Rockwall, TX 75032 — (972) 845-1469
- Texas Health Surgery Center Forney — 250 Kroger Dr Suite 110, Forney, TX 75126 — (833) 441-3633

Pre-Operative Appointment

Date:

Time:

Location: Wylie / Rockwall Office

This appointment is a detailed discussion of your surgery and perioperative approach, and your opportunity to ask Dr. Patel any remaining questions about the procedure, recovery, or medications.

Pre-Operative Testing

Mary will let you know if you require pre-operative testing — not every patient or surgery requires it. If testing is needed, expect a pre-operative clearance appointment with your Primary Care Physician (PCP) three weeks prior to your scheduled surgery.

- If there is a problem with a pre-operative appointment, or additional testing is required, contact us immediately. Cardiac clearance in particular can delay your surgery date.
- Please follow your doctor's instructions for any required testing.

Surgery Medication List

Stop taking any of the following medications 5–7 days prior to your surgery. Please notify Dr. Patel of any prescription blood thinners you are taking.

- 1. NSAIDs — including ibuprofen, Aleve (naproxen), and meloxicam.
- 2. Blood thinners — including Plavix, Coumadin, and Xarelto. You must have a plan from your prescribing medical doctor on the safety of discontinuing and resuming these after surgery.
- 3. Weight-loss GLP-1 medications — including Ozempic and semaglutide.

Tylenol (acetaminophen) and pain medications such as tramadol and hydrocodone are okay to continue taking.

If you have questions about any of your medications, please ask Dr. Patel at your pre-operative appointment.

Preparing for Surgery

Before Your Surgery

- You should not begin a new diet during the month immediately before your surgery.
- If you are taking aspirin, anti-inflammatory medications, warfarin, or any drugs that increase the risk of bleeding, stop taking them one week before surgery to minimize bleeding.
- If you smoke, stop or cut down to reduce your surgical risk and improve your recovery.
- Eat a healthy, well-balanced diet and drink plenty of water regularly in the weeks leading up to surgery.
- Report any infections to Dr. Patel's office right away — surgery cannot be performed until all infections have fully cleared.

Setting Up Your Home

- Put items you use often within easy reach so you won't have to bend or stretch as often.
- Remove loose rugs and carpets, and tape down electrical cords, to reduce your risk of falls.
- Make sure you have a stable chair with a firm seat cushion, a firm back, and two arms.
- Set up a "recovery station" near where you'll spend most of your time — water, medications, phone charger, remote, and reading material within reach.
- If you'll need a walker, crutches, cane, or shower chair, arrange for it before surgery day.
- Consider preparing and freezing a few easy meals ahead of time.
- Arrange for a friend or family member to help with household tasks, pets, and childcare for the first several days after surgery.

Support with Preparation

- Eat protein-rich meals in the weeks before surgery (lean meats, eggs, beans, dairy) — protein supports tissue healing and wound recovery.
- Stay well hydrated in the days leading up to surgery unless your doctor tells you otherwise.
- Limit or avoid alcohol for at least 48 hours before surgery, as it can interact with anesthesia.
- If you have diabetes, keep your blood sugar well controlled in the weeks before surgery.
- Get a good night's sleep in the days before surgery.
- Take a shower with antibacterial soap the night before or morning of surgery, and avoid shaving or waxing near the surgical site.
- Remove nail polish and acrylic nails before surgery — the surgical team uses your nail beds to monitor oxygen levels.

What to Pack for Surgery Day

- Photo ID, insurance card, and a written list of your current medications and dosages.
- A copy of your advance directive or living will, if you have one.
- Loose, comfortable clothing (button-front tops and slip-on shoes are easiest post-surgery).
- Any brace, sling, walker, or crutches Dr. Patel's office has instructed you to bring. Otherwise, it will be provided on the day of surgery.
- Leave jewelry, watches, valuables, and large amounts of cash at home.

Managing Expectations

- Ask Dr. Patel's office about work, school, or activity notes you may need — request these before surgery day when possible.
- Arrange time off work and, if needed, paperwork for short-term disability or FMLA well in advance.
- Recovery timelines vary by procedure and by patient — ask Dr. Patel what a realistic recovery looks like for your specific surgery.
- It's normal to feel some anxiety before surgery. Let our staff know if you'd like to talk through the process again before your surgery date.

Surgery Day Information

Arrival time for surgery will be confirmed one day prior to your scheduled surgery.

Please do not eat or drink anything after midnight the night before surgery — this includes water, coffee, candy, and chewing gum.

- Wear loose, comfortable clothing that is easy to put on and remove.
- Leave jewelry, valuables, and contact lenses at home.
- Take only the medications that Dr. Patel/PCP and/or the Surgery Center has approved for the morning of surgery, with a small sip of water if instructed.
- Bring a photo ID, insurance card, and a list of your current medications.
- Arrange for a responsible adult to drive you home and, ideally, to stay with you the first night.

After Your Procedure

Leaving the Facility

- Have someone available to take you home — you will not be able to drive for at least 24 hours after your procedure.
- Do NOT eat or drink anything in the car on the trip home, to prevent nausea, vomiting, or aspiration. Wait until you arrive home safely.
- After arriving home, wait until you are hungry before trying to eat. Begin with a light meal and avoid greasy food for the first 24 hours.

After Surgery Reminders

- If you had surgery on an extremity (leg, knee, hand, or elbow), keep it elevated and use ice as directed to help decrease swelling and pain.
- Take your pain medicine as directed, starting as you begin feeling uncomfortable but before pain becomes severe.
- Do not drive until you have been cleared by your physician and are no longer taking prescription pain medication.
- Watch your incision daily for signs of infection: increasing redness, warmth, swelling, drainage, odor, or fever.
- Follow all weight-bearing, bracing, and activity restrictions exactly as Dr. Patel and your therapist describe them.
- Keep your incision clean and dry as instructed, and only shower or bathe once you've been cleared to do so.
- Move regularly and do any ankle-pump or circulation exercises your surgical team recommends to help prevent blood clots. Take blood-thinning medication after surgery exactly as prescribed, if ordered.
- Focus on protein and hydration to support tissue healing, and eat fiber-rich foods since pain medication can cause constipation.
- Use assistive devices (walker, crutches, cane) exactly as instructed, even once you start to feel better — most re-injuries happen when patients push activity too soon.

Prescription Refills

If you need a prescription refill, please have your pharmacy fax a request to our office at 972-771-8103 and allow 24–48 hours to complete the request.

24-hour notice is necessary to process refill requests. Please contact the clinic Monday–Thursday from 8:00 AM to 5:00 PM, and no later than 3:00 PM on Friday. Refill requests will NOT be fulfilled on weekends, particularly for pain medications.

At any point in your recovery, if you become concerned about infection or severe pain, contact us to schedule an appointment or consult with the physician. In a medical emergency, always seek emergency care first, and notify our office if you have been admitted to the hospital.

Post-Operative Physical Therapy

Attending every scheduled session and doing your home exercises as prescribed gives you the best chance at a full recovery.

Date: **Time:**

With:

Location:

Post-Operative Appointments

Your first visit after surgery will be with our nurse practitioner. Subsequent follow-up visits will be with Dr. Patel. Your first post-operative appointment is two weeks after your surgery date.

Date: **Time:**

With: Bhavik Patel, FNP-BC

Location:

Your Personal Surgery To-Do List

Only the items checked by our office apply to your specific surgery.

- ☐ Pre-op testing & clearance at hospital / Primary Care Physician
- ☐ Joint Camp at surgery facility
- ☐ Physical therapy set-up for after surgery (you will receive a call to set this up)
- ☐ Make appointment with Cardiologist for cardiac clearance
- ☐ Make appointment with Vascular Surgeon for IVC filter placement
- ☐ Bring knee brace / shoulder brace / walker or crutches on day of surgery

Other:

Questions to Ask Before Surgery

It's normal to have questions. Consider bringing this list to your pre-operative appointment:

- What should I expect for pain control, and how long will I likely need prescription pain medication?
- When can I expect to return to work, driving, and my normal activities?
- What restrictions will I have immediately after surgery, and for how long?
- Will I need any special equipment (brace, walker, crutches, shower chair) at home?
- What are the warning signs I should call the office about right away?

Your own questions:

Warning Signs — Call Us Immediately

Call our office right away, or seek emergency care, if you experience any of the following after surgery:

- Fever over 101.5°F
- Increasing redness, warmth, swelling, or drainage from the incision
- Calf pain, swelling, or tenderness in one leg (possible blood clot)
- Chest pain or shortness of breath
- Pain that is not controlled by your prescribed medication
- Numbness, tingling, or loss of color in the surgical limb
- Office phone: 972-771-8111

Contact Us

If you have any questions at any point before or after your surgery, please don't hesitate to reach out to our office. You can also email or message us through your patient portal.

Office Phone: 469-887-6505

Fax: 972-771-8103

Email: mary@dallasortho.net

*We look forward to helping you get back
to the activities you love.*