

General Surgical Information  
Arnold & Cox Knee and Shoulder Center

Your surgery will be thoroughly explained to you at your preoperative appointments and you will also receive a detailed packet to include your surgery date and time. The time of your surgery may and probably will change due to many factors such as equipment needs, other surgeries scheduled that day, etc. You will receive your final confirmation call the day before to confirm this time. If there is anything that you do not understand, please let us know. To facilitate your procedure, you should be prepared as much as you can with any equipment that you might need.

**ALL PATIENTS SHOULD BRING TO THE SURGERY CENTER:**

- Loose comfortable clothing - do not bring your best clothes, these may become stained.
- Athletic Shoes
- Any cold therapy device (iceman, cryocuff, etc) that you may have used in the past.
- Insurance/Workers Comp Information

**KNEE PATIENTS**

- A Knee Brace if you have been using one
- Crutches if you have them

**SHOULDER PATIENTS**

- Loose fitting button up shirt
- A Sling that you have been using if you have one

**JOINT REPLACEMENTS**

- Have a bag of loose fitting clothing (shorts, sweats, etc), athletic shoes, and any personal items such as hygiene items, and undergarments that you would like. You will need this for the rehabilitation portion of your stay. You may bring this to the hospital on the day of your surgery, but if you have a friend or loved one who can bring the bag when you transfer to the rehab facility would lessen the amount of items that would have to be moved with you.
- You do not have to bring any assistive devices you have, these will be provided for you.

**For All Surgery Centers**

- Do not bring any valuables or jewelry with you. If you can remove all rings before your visit this would be helpful
- The day of your surgery, please limit the amount of cosmetics that you use if you must apply these. Please remove all nail polish from your fingers.
- If you wear contact lenses, bring a container to put these in.
- You should avoid getting any skin abnormalities to you operative area. This includes scratches, blemishes, abrasions, etc. If you have any abnormalities your surgery may have to be postponed

- For Knee patients - use extreme caution when shaving your legs to avoid any scratches or abrasions to the operative area.
- If you should become ill prior to your surgery, please notify Dr. Arnold's office as soon as you can so alternative arrangements can be made.
- Do not eat or drink ANYTHING after midnight the day of your surgery. Even if you surgery is in the afternoon. This includes any food, liquids (including water), gum, mints, etc. Do not consume alcoholic beverages within 24 hours of your procedure. You may be instructed to take some of your routine medications with a sip of water on the morning of surgery. However, your surgery may be cancelled if you do not abide by this.
- You should arrive at least Two (2) hours before your surgery time - unless you have been instructed to a different time by the surgery center