



Consultant Orthopaedic Surgeon, Shoulder Specialist.

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Pre-operative Instructions

- Stop taking all non-steroidal anti-inflammatory medications (NSAIDs) such as aspirin (unless otherwise instructed by GP or cardiologist), ibuprofen (Neurofen), diclofenac (Difene), naproxen, celecoxib (Celebrex), mefenamic acid (Ponstan), etorocoxib, indomethacin etc. 10 DAYS prior to the date of your surgery.
- If you have been instructed by your GP or cardiologist to take daily aspirin, you must consult with him or her before you stop taking aspirin.
- If you are taking a blood thinner such as warfarin, Plavix, rivaroxaban (Xarelto), dabigatran (Pradaxa), heparin, you MUST consult with the prescribing doctor for this medication on how to manage it around surgery and let our office know.
- Stop taking all herbal supplements 10 DAYS before the date of your surgery.
- Do not eat or drink anything or have any chewing gum after midnight the night before your surgery.
- Shower the evening before or the morning of surgery with Hibiclens soap (a chlorhexidine antiseptic soap available at most pharmacies), and wash the affected shoulder area well.
- Remove all nail polish.
- Do not apply deodorant the morning of your surgery.
- If you are scheduled to have day-case surgery, you must be accompanied by a friend or adult relative to drive you home after discharge. It is not permitted for you to leave the facility unaccompanied after surgery.
- If you have any signs of infection, cough/cold, fever, skin irritation, dental infection etc., PLEASE call the office to let us know. It is better that we know in advance and address the issue with you before surgery rather than having to cancel your surgery last minute.