

Anthony N. Aram, MD PC

Orthopaedic Surgery

Tony N. Aram, MD

Vinh B. Tran, MD

Keith W. Lawhorn, MD

3700 Joseph Siewick Drive - Suite 205, Fairfax, VA 22033 * (703) 648-3100 * FAX (703) 648-3830
611 S. Carlin Springs Road - Suite 309, Arlington, VA 22204 * (703) 998-1110 * FAX (703) 998-1306

PRE-OPERATIVE INSTRUCTIONS for

The following instructions should be followed without exception. If you should have any questions, please contact our office.

1. Do not eat or drink anything after midnight the evening prior to your surgery.
2. Shower or bath the evening before or the morning of your scheduled surgical procedure.
3. If you wear contact lenses, do not wear them to the hospital the day of your surgery. Please wear eyeglasses if available.
4. Take only those medications that you are advised to take the morning of your surgery. Avoid aspirin based products. Be sure to advise your physician of any and all medications you are presently taking.
5. Wear loose fitting garments the day of your surgery. This will assist the hospital staff in getting you dressed for your discharge.
6. On the day of your surgery, please arrive at the hospital two-hours prior to your scheduled appointment. This will allow the hospital staff to prepare for your surgical procedure.
7. If you are having out-patient surgery, arrange for someone to bring you to the hospital and to take you home. The Same Day Surgery will not permit you to drive yourself home.
8. **For your convenience we have included a prescription for pain medication you may need following surgery. You may find it easier to have the prescription filled several days prior to your surgery.**

Your surgery is scheduled for _____ the _____ of _____ at _____. The time of your surgery is _____.
Please arrive at the hospital at _____.



In addition, please make note of the following post-operative appointments.

Date	Time	Appointment Description
		1 st Post-Operative/ Dressing Change
		2 nd Post-Operative Appointment
		Physical Therapy Evaluation