



**Deborah A. Faryniarz, M.D., Inc.**  
Sports Medicine and Shoulder Fellowship,  
The Hospital for Special Surgery,  
FORUM, Society of Fellowship Trained  
Women in Orthopaedic Surgery

**Grady L. Jeter, M.D., Inc.**  
Member Arthroscopy Association of North America,  
International Society of Arthroscopy,  
Knee Surgery and Orthopaedic Sports Medicine,  
Founding Member Ikeuchi International Society for Arthroscopy and  
Musculoskeletal Endoscopy

**Martin Trieb, M.D., Inc.**  
Member Arthroscopy Association of North America

Diplomates American Board of Orthopaedic Surgery • Members American Orthopaedic Society for Sports Medicine  
Fellows American Academy of Orthopaedic Surgeons

## **Instructions For Patients Having Surgery**

**Surgery Date:** \_\_\_\_\_ **Location:** \_\_\_\_\_  
**Check-in at:** \_\_\_\_\_ **for Surgery at:** \_\_\_\_\_  
**Post-op Appt:** \_\_\_\_\_

*Canceling or rescheduling within one week prior to surgical date will result in the forfeit of deposit.*

### **Before Surgery:**

- When prescribed by Dr. Faryniarz, arrange to have pre-operative testing done at least 2 weeks before surgery at your medical doctor's office or an outpatient laboratory.
- Please make sure that the results are faxed to (408) 371-6351 prior to your surgery date. If the results are not received in a timely manner, your surgery may have to be postponed.
- Discontinue taking any aspirin-like products (i.e. Advil, Motrin, Ibuprofen, Celebrex) 7 days prior to surgery. You may take Tylenol or Vicodin up to the day of surgery.
- If your surgery requires post-operative equipment such as crutches, braces, or ice machines, our office will order these products for you as a service. Patient will be responsible for any balance not covered by your insurance. They will either be delivered to your home or directly to the operating room.
- If your surgery is outpatient, arrange for someone to drive you home the day of surgery.
- The surgery center or hospital will call you the afternoon before surgery to confirm your surgical and medical information.
- **No eating or drinking after midnight the night before surgery.**

### **Day of Surgery:**

- Remember- No breakfast or drinks in the morning!
- Take all prescription medicines the morning of surgery with only a sip of water, unless otherwise instructed by your medical doctor.
- Report to the surgery center one hour prior to surgery; if your surgery is at Good Samaritan Hospital report two hours prior.
- **Bring all braces, crutches, and icing machines that may have been delivered to your house.**
- Your driver should accompany you at the time of check-in or be able to be reached by phone.

### **After Surgery:**

- Following surgery, you will be in the recovery room for approximately one hour.
- Dr. Faryniarz will talk with you and your family members after surgery.
- Review your post-operative instructions for specific questions regarding bracing, ice therapy, medications, wound care, activity, or any other concerns.
- For more information regarding your condition, surgery, post-operative instructions and rehabilitation, please visit [www.Shoulder2Knee.com](http://www.Shoulder2Knee.com).
- Dr. Faryniarz will call you the day following your surgery to address any concerns and to discuss your findings at surgery; if you have questions or concerns that arise before she calls, you may call the office at (408) 559-3888. After hours, there is always an alternate number to reach Dr. Faryniarz or the covering physician.