

# Important Patient Reminders before Surgery

•Vernon Jubilee Hospital - Hip and Knee Surgery

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## Eating Instructions

- Starting at midnight before surgery:
  - No solid foods
  - You may drink the following;
    - Water
    - Apple Juice
    - Cranberry Juice
    - Gatorade
  - You will receive a call with the exact time to stop drinking liquids

## No Valuables

- VJH is not responsible for lost or stolen items
- Jewelry is not permitted in the OR. The metal can cause the risk of burns. If you cannot remove your jewelry, due to swollen or arthritic joints, the admitting nurse can help you.

## Preparations

- No makeup or nail polish (including the toes of your operative leg)
- No scented products
- Do NOT shave legs for 7 days before surgery
  - Any cuts or small openings can act as an entry point for infections which would cause your surgery to be delayed
- Take your regular medications as directed by the medical team
- Pick up your equipment from the Red Cross one week before your surgery

## What to bring

- Care Card
- Crutches (to be sized by Physio)
- Puffers/inhalers and eye drops
- C-pap/Bi-Pap
- Loose fitting clothes and shoes
- Toiletry items
- Dentures, glasses, and hearing aids
- Cell Phone and charger

## Illness or Injury

If you feel unwell (cough, fever, sore throat, or runny nose), please call 250-558-1333 to speak with a nurse on weekdays. If you become ill on the weekend and your surgery is on Monday please call hospital and speak to switchboard. Switchboard will link you with the shift coordinator.

## Postponements are Possible

Please be aware that there are factors outside of our control and your surgery may be postponed at any point in this journey. Your surgery will be rescheduled for the next available date