



Pre-Surgical Checklist

Your surgery to-do list

Patient _____ Surgery date _____

Please complete every step below **before** your surgery date. Check each box as you finish, and bring this sheet to your appointments.

DONE	#	WHAT TO DO	DETAILS & TIMING
☐	1	Complete your Pre-Surgical Assessment online Complete your online Pre-Surgical Assessment at beaconortho.com/surgery . This is required for your surgery.	This is not the same as the patient Portal. Please complete it early.
☐	2	See your Primary Care Provider (PCP) Have a pre-operative medical clearance visit with your PCP within 30 days of surgery. Try to schedule it no later than one week before your surgery.	Clearances older than 30 days cannot be accepted. Bring this packet to your visit.
☐	3	Tell us about your specialists If you see any specialists — cardiology, oncology, hematology, neurology, etc. — let our office know so we can request clearance from them.	Some specialties do not require clearance. Please ask us if you are unsure.
☐	4	Complete your lab work Have your blood drawn within 30 days of surgery, as ordered.	Results older than 30 days cannot be accepted. Bring your results to your pre-op visit.
☐	5	EKG (heart tracing) If you are 50 or older , you need an EKG within 90 days of surgery. If you are younger and have a cardiac history, an EKG is also required.	Your PCP can complete this at your pre-op appointment.
☐	6	Stop vitamins & supplements — 2 weeks before Stop all vitamins, minerals, and herbal supplements 2 weeks before surgery. These can affect anesthesia, bleeding, immune function, and healing.	Not stopping may cause your surgery to be rescheduled. Ask if you are unsure.
☐	7	Blood thinners — ask before stopping If you take a blood thinner such as Plavix, Eliquis, Xarelto, or warfarin (Coumadin), your prescribing provider must tell you when to stop before surgery.	Do not stop on your own.
☐	8	Stop NSAIDs — 7 days before Stop non-steroidal anti-inflammatory drugs (NSAIDs) 7 days before surgery.	Examples: ibuprofen, naproxen, aspirin, diclofenac (Voltaren), Celebrex, Aleve, meloxicam.



www.robertpettitmd.com

Evidence. Experience. Exceptional Care.

ALSO IMPORTANT — IN THE WEEKS BEFORE

- | | |
|---|--|
| ☐ Quit smoking & vaping — ideally 4+ weeks before; limit alcohol. | ☐ Control diabetes, blood pressure & weight with your PCP. |
| ☐ Book dental cleanings before surgery — none 6 wks before / 6 mo after. | ☐ Arrange physical therapy now — it often starts 1–3 days after surgery. |
| ☐ Fill your prescriptions early so they're ready at home. | ☐ Bring a full medication & supplement list (with doses). |
| ☐ Tell us if you get sick — fever, cold, flu, COVID, or a rash near the site. | ☐ Line up a ride & an overnight helper for the first day. |

YOUR PRE-ADMISSION TESTING (PAT) NURSE

NURSE **Terry** PHONE **(513) 840-1041** EMAIL **tbaugh@beaconortho.com**

Call or email with questions about your medical documents, medications, or any requirement on this checklist.

ON THE DAY OF SURGERY

- | | |
|--|---|
| ✓ Do not eat or drink after the time your care team instructs. | ✓ Arrange a responsible adult to drive you home and stay with you. |
| ✓ Bring a photo ID, your insurance card, and this packet. | ✓ Take only the medications your surgeon or anesthesia team approves. |
| ✓ Wear loose, comfortable clothing; leave valuables at home. | ✓ Follow all bathing and skin-prep instructions you are given. |



www.robertpettitmd.com

Evidence. Experience. Exceptional Care.