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**VERY IMPORTANT. PLEASE READ, OR RISK HAVING YOUR SURGERY
CANCELLED or RESCHEDULED.**

Anesthesia Patient Guidelines to Prevent Poor Outcomes

Marijuana - Marijuana use before surgery causes a need for more anesthesia (which can delay your recovery), an increased risk of post-op nausea and vomiting, and a need for more pain medicine when surgery is over. Your pain level after surgery will be more difficult to control.

It is suggested to stop using marijuana, in any form, at least 7 days before surgery.

Diabetic/Obesity Drugs - There is a new class of diabetic medications, GLP-1 drugs, which can cause a patient's stomach to retain food. This can lead to serious anesthesia complications such as aspiration pneumonia or DEATH. Even if you are not diabetic, you may be on one of these medications as a weight loss treatment. You need to be off these medications as follows, or your surgery will need to be rescheduled:

If you are taking the medication daily, do not take it on the day of surgery.

If you are taking the medication weekly, you must be off the medication for one week (seven days) prior to surgery.

GLP-1 Medications

Adlyxin (lixisentatide)	Bydureon BCise (exenatide suspension)	Byetta (exenatide)
Mounjaro (tirzepatide)	Ozempic (semaglutide)	Rybelsus (semaglutide)
Saxenda (liraglutide)	Tanzeum (albiglutide)	Trulicity (dulaglutide)
Victoza (liraglutide)	Wegovy (semaglutide)	

Diet Drugs - If you are on **Phentermine**, you need to be off of it for 14 days. This drug can cause severe, untreatable low blood pressure during surgery leading to potential brain damage or DEATH.

Sleep Apnea - If you are supposed to use a CPAP while sleeping and DO NOT have it or can't use it, please notify the surgeon or Surgery Center. There is an increased risk of sleep apnea after general anesthesia and narcotic pain medicine. If you do not have or can't use a CPAP and you then stop breathing while sleeping or napping, you can suffer brain damage or death. So, therefore, you will only be given non-narcotic pain medicine for the first 24-hours following surgery.

Blood Thinners - If you are on any medications that thin your blood, please clarify with the surgeon or surgery scheduler the plan for holding these medications prior to surgery. This also applies to aspirin and anti-inflammatory medications like Motrin, Aleve, Celebrex, Mobic, Diclofenac, etc.