

## DR. TENHOLDER SURGERY INSTRUCTION SHEET

DATE OF SURGERY: \_\_\_\_\_

FACILITY: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

**The Surgery Center  
at Sacred Heart Medical Park**

36500 Emerald Coast Pkwy  
Destin, FL 32541  
(850) 269-0301

**Sacred Heart Hospital  
on the Emerald Coast**

7800 Emerald Coast Pkwy  
Destin, FL 32550  
(850) 278-3000

**Fort Walton Beach Medical Center**

1000 Mar Walt Drive  
Fort Walton Bch, FL 32547  
(850) 862-1111

**Surgical Specialists, ASC**

1034 Mar Walton Drive  
Fort Walton Bch, FL 32547  
(850) 315-9385

1. All surgery patients must **stop taking** anti-inflammatory medications (NSAIDs), herbs, supplements, vitamins, and/or medications that contain aspirin (**Advil, Aleve, Motrin, Ibuprofen, Fish Oil, Mobic, Multivitamins, etc.**) **7 days** before surgery. This includes over-the-counter pain relievers and fever reducers. PLAIN TYLENOL PRODUCTS are okay.
2. If you are on prescribed anti-coagulants (**Plavix, Coumadin, Eliquis, Xarelto, etc.**), we prefer you discontinue taking these medications before surgery. However, BEFORE stopping them, you must get specific instructions from the prescribing doctor. **The number of days to stop before surgery will depend on the specific medication and the type of surgery.** Please clarify this early. Sometimes the medications will need to be held for up to a week.
3. You may be required to meet with either your primary care physician or one of our Physicians or Physician Assistants for surgical clearance. Required pre-op tests will be reviewed or ordered at that time. If you have any heart disease, you will need cardiology clearance as well. Failure to have your heart disease appropriately assessed will delay your surgery.
4. **HEART & BLOOD PRESSURE MEDICATIONS:** You should continue these medications as normally prescribed, including the night before your surgery. If you are on a beta-blocker, this will need to be taken the morning of surgery as well. If the blood pressure medication is an ACE inhibitor, please check with your primary care physician if you should stop this medication before surgery.

5. **DIABETICS:** Please check with the doctor managing your diabetes for specific instructions on how to dose your medication on the day of surgery. Keep in mind you will not be eating regular meals after midnight before surgery. **Metformin** is typically stopped 1-2 days before surgery to reduce the risk of metabolic acidosis.
6. **WEIGHT LOSS MEDICATION:** Weight loss medication should be stopped **one week** before surgery. Undergoing anesthesia without stopping these medications can result in life-threatening blood pressure issues.
7. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. THIS INCLUDES CHEWING GUM, MINTS, HARD CANDY, AND CIGARETTES!**
8. **We may use electrocautery during surgery, so undergarments must be 100% COTTON to avoid electrical conductivity or burns. Remove all silk, polyester, nylon, or synthetic fabrics before surgery to avoid potential injury.**
9. Please bring your insurance information, a list of all prescription medications with dosing schedule, and a picture ID with you on the day of surgery.
10. Cancelling or failing to attend any of the pre-surgery appointments coordinated for you may result in the cancellation of your scheduled surgery.
11. If you run low on pain medications, you must allow 72 hours for a refill. DON'T wait until you are out – call the prescription request line at (850) 315-9241.
12. If you are having surgery at one of our **outpatient surgery centers**, the **facility** will call you **24-48** hours before to let you know what time to arrive for your surgery. **If you have not received a call from the facility within 24-48 hours of your scheduled surgery, please contact the facility between 8 a.m. and 4 p.m.** The facility phone numbers are at the top of these instructions. If you are having surgery at one of the hospitals, my clinical team or surgery scheduler will notify you of the arrival time. Please call the office the day before surgery if you are unsure of your arrival time.
13. If an outpatient procedure is scheduled, please arrange to have someone with you at the Surgery facility. They will need to drive you home and stay with you for 24 hours following the surgery. **You must have a ride to and from the procedure by a responsible adult, friend, or family member. You CANNOT use taxis, a ridesharing service (Uber, Lyft, etc.), or public transportation after surgery. We will not accept the liability, and your case will be cancelled.**
14. If you have an illness within the week before surgery, please notify our office, as your surgery may need to be rescheduled.

15. Enhance your diet, nutrition, and general health prior to surgery, so your body recovers faster.
16. You may experience throat pain or hoarseness after surgery if your procedure requires general anesthesia and a breathing tube (intubation).
17. For urgent issues after hours or on weekends, please call **850-863-2153**, and the answering service will contact the physician on-call. **Do not leave a message.** Wait for the prompts, and you will be connected to the answering service.
18. **HAND & FOOT PROCEDURES ONLY:** Please make sure you remove any nail polish, jewelry (including wedding/toe rings), and artificial nails from the hand/foot before having the procedure.
19. The operative extremity should be clean and free of jewelry upon arrival at the facility.
20. If you have respiratory issues/sleep apnea and use **C-Pap** or **BiPAP**, bring the C-Pap or BiPAP with you on the day of surgery. If you are diagnosed with sleep apnea, but do not use CPAP or BiPAP, you may need to be admitted overnight to the hospital. Please address this with your surgeon well before the day of surgery. If you have sleep apnea and have never had a sleep study or have not been treated, your surgery will be delayed until the sleep apnea is properly diagnosed and treated.
21. If your surgeon says you'll have weight-bearing restrictions on your leg or need to wear a leg splint after surgery, please bring your walker or crutches on the day of surgery. If you are unsure, please ask at your pre-operative appointment or call the nurse line at 850-315-9241. Hip and knee replacement patients should bring crutches or a walker to the hospital.
22. If you are on any medications for rheumatoid arthritis or other autoimmune disorders or are on any medications that suppress your immune system, please make your surgeon aware. Discuss stopping these medications with the prescribing physician. Some of them need to be **discontinued for several weeks** before the time of surgery. They can increase your risk for infection and/or incision healing issues.
23. **STOP SMOKING!!** Nicotine makes it harder for bones to heal and prevents successful fusion from occurring. Nicotine causes blood vessels to tighten and directly interferes with the bone healing process. For this reason, all forms of nicotine use must be stopped – including cigarettes, e-cigarettes, chewing tobacco, nicotine patches, and nicotine gum. Quitting right away is the most important variable you can address to avoid complications and improve your recovery.