



Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction
Arthroscopic Shoulder, Hip, and Knee Surgery

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(210) 705-5060



PREOPERATIVE INSTRUCTIONS

1. Do not eat anything after midnight the night before surgery. If you are on medications, you may take them with a small sip of water in the morning prior to coming into the hospital.
2. Stop taking any anti-inflammatory medications such as Motrin, Aleve, Ibuprofen, Naprosyn/Naproxen, Aspirin, etc., at least one week prior to your surgery. If you are on a baby aspirin or blood thinner please consult Dr. Burns regarding whether you should take these medications prior to your surgery.
3. Keep the area of surgery (i.e. knee, shoulder, etc.) clean prior to surgery. If there are any cuts, scratches, bites, etc., around the surgical site, please let Dr. Burns know as soon as possible since these may increase the risk for infection and may need to delay the surgery until they are completely healed.
4. We recommend taking a bath or shower and cleaning the surgical site well prior to surgery to help decrease the risk of infection. Please do not shave the area prior to surgery. The OR nurse will do this the day of surgery.
5. You will need someone to drive you home after surgery. Please ensure your responsible party (i.e. spouse, significant other, friend or co-worker) is available in the surgical waiting room during the time while you are in surgery. Dr. Burns will come out after the surgery to see them and explain the surgery and any rehabilitation that is necessary. This will be the only time Dr. Burns is available on the day of surgery. If he cannot find the family members at this time, he will be back in surgery and unavailable to talk with them. It is important that your care taker understand the post-operative care required for your procedure.
6. Most surgeries will require physical therapy afterwards which typically starts around a week after surgery while you are on pain medication and cannot drive. Your ability to drive may also be affected for up to 6 weeks after surgery due to use of a sling, leg immobilizer, or need for crutches. You will need to arrange transportation to and from physical therapy visits occurring after your surgery.
7. If you have to cancel your surgery, please give us at least a week notice so that we can reschedule other patients in this slot.
8. If there are any questions, please do not hesitate to call our pre-operative nurse at 210-705-5060.