PATIENT GUIDE · BEFORE & AFTER YOUR PROCEDURE · PAGE 1 OF 6

YOUR SURGERY PACKET

Lance E. LeClere, MD • Professor of Orthopaedic Surgery · Chief, Orthopaedic Sports Medicine · Vanderbilt University Medical Center

This packet has everything you need before and after your procedure — your appointment details, where to go, how to prepare, and what to expect during recovery. **Please read it through before your surgery date** and keep it with you. Bring it to your first post-operative visit.

SURGERY LOCATION _____ Date ____ / ____ / _____

FIRST POST-OP VISIT ____ / ____ / ____ at ____ : ____ a.m. / p.m.

POST-OP VISIT LOCATION _____

YOUR ARRIVAL TIME

You will be contacted by the team at the operating room **the day before surgery, between 12:00 and 2:00 p.m.**, with your finalized arrival and surgery time. Many moving parts dictate the surgery schedule, so we cannot provide a concrete arrival time until the day before. **Please reserve the whole day** for your surgery and recovery, and be sure you have a ride to and from the surgery center.

PRE-ADMISSION TESTING

- **By phone:** you will receive a call from a nurse to discuss your medical history and current medications. They will send instructions on medications that may need to be stopped before your surgery.
- **In person:** you may be scheduled for an appointment before surgery for bloodwork, an EKG or other tests. The pre-admission nurses coordinate this at One Hundred Oaks, 719 Thompson Lane, Suite 21100, Nashville — **615-343-3030**

CLINIC LOCATIONS

- **Nashville West**
  - 6606 Charlotte Pike, Suite 104, Nashville, TN 37209
- **Belle Meade**
  - 6002 Highway 100, Nashville, TN 37205
- **Franklin Orthopaedic Clinic**
  - 206 Bedford Way, Franklin, TN 37064

SURGERY LOCATIONS

Your surgery will take place at one of the following. Your surgical coordinator will confirm which location before your date.



VANDERBILT BELLE MEADE SURGERY CENTER
6002 Highway 100
Nashville, TN 37205



VANDERBILT FRANKLIN SURGERY CENTER
225 Bedford Way
Franklin, TN 37064



VANDERBILT UNIVERSITY MEDICAL CENTER — MAIN CAMPUS
1211 Medical Center Drive
Nashville, TN 37232

PROUD MEDICAL TEAM FOR

ABOUT DR. LECLERE



Dr. Lance E. LeClere, CAPT MC USN (Ret.) is the Division Chief for Sports Medicine, Sports Medicine Fellowship Director, and Professor of Orthopaedic Surgery at Vanderbilt University Medical Center. He received his undergraduate degree from the University of Notre Dame and attended medical school at Loyola University Chicago Stritch School of Medicine. He completed his orthopaedic surgery residency at Naval Medical Center San Diego, followed by a sports medicine and shoulder surgery fellowship at the Massachusetts General Hospital / Harvard Combined Program.

During his training and early career, Dr. LeClere served 15 years on active duty in the United States Navy, as a staff surgeon, Director of Orthopaedic Research, and Assistant Program Director for the Orthopaedic Surgery Residency at Naval Medical Center San Diego. From 2012 to 2015 he served as the Orthopaedic Consultant to the US Navy West Coast SEAL Teams and BUD/S. From 2015 to 2021 he was stationed at the US Naval Academy as Head Team Physician for Naval Academy varsity athletics, as well as an orthopaedic consultant for the White House Medical Unit and the Office of the Attending Physician at the US Capitol. In September 2021 he began civilian practice at Vanderbilt.

Dr. LeClere is on the editorial board for the *American Journal of Sports Medicine*, the *Video Journal of Sports Medicine* and the *Arthroscopy Journal*. He is a prior member of the AOSSM Board of Directors and a Past President of the Society of Military Orthopaedic Surgeons.

He is currently Head Team Physician for the Nashville Predators and Head Team Orthopaedic Surgeon for the Tennessee Titans. In addition to Naval Academy athletics, he has previously been a team physician with the New England Patriots, Boston Bruins and Boston Red Sox.

MEDICAL TRAINING

FELLOWSHIP	Orthopaedic Sports Medicine — Massachusetts General Hospital / Harvard Combined Orthopaedics Program, Boston, MA
RESIDENCY	Orthopaedic Surgery — Naval Medical Center San Diego, San Diego, CA
INTERNSHIP	Naval Medical Center San Diego, San Diego, CA
MEDICAL SCHOOL	Loyola University Chicago Stritch School of Medicine, Chicago, IL
UNDERGRADUATE	University of Notre Dame, South Bend, IN

PREPARING FOR SURGERY

WHEN TO STOP EATING & DRINKING — NPO TIMELINE

If you are having surgery at an ambulatory surgery center (ASC) — including **Vanderbilt Health Belle Meade (VHBM)** or **Vanderbilt Surgery Center Franklin (VSCF)** — you will follow these guidelines:

NO SOLIDS
after midnight the night before surgery

NO CLEAR LIQUIDS*
after 5:00 a.m. the morning of your surgery

Solids include chewing gum and hard candy. **Your surgery will be cancelled if these guidelines are not followed.**

*EXAMPLES OF CLEAR LIQUIDS

NO BROTHS OF ANY SORT ARE ACCEPTABLE

- Water (still or fizzy)
- Clear fruit juice, no pulp (apple, white grape, etc.)
- Carbonated beverages
- Carbohydrate-rich nutritional drinks (such as Ensure Clear)
- Clear tea (no milk or cream)
- Black coffee (no milk or cream)
- GI preparation solutions (GoLytely)
- Electrolyte drinks (Gatorade or similar)
- Clear juice popsicles (no creams)

MEDICATIONS TO STOP BEFORE SURGERY

STOP	MEDICATIONS
14 days before	Opioid pain medications (Vicodin, Norco, Percocet, etc.)
10 days before	Plavix · anti-inflammatories (ibuprofen, Aleve) · herbal supplements · vitamins
7 days before	Aspirin, including baby aspirin · Coumadin, as directed by your primary care doctor · any other medications directed by your PCP

IF YOU TAKE A GLP-1 MEDICATION

GLP-1 medications include **Ozempic, Wegovy, Trulicity, Mounjaro, Rybelsus, Byetta, Victoza and Saxenda**. If you take one, you should be on a **clear liquid diet for 24 hours before surgery**.

- Starting at **7:00 a.m. the day before your surgery**, only drink clear liquids* from the list above
- You may continue all injectable medications listed above

ON SURGERY DAY

SURGERY CENTER
Belle Meade or Franklin — clear liquids until **5:00 a.m. only**; the surgery center will send an approved list

MAIN HOSPITAL
Clear liquids* until **2 hours before** your scheduled surgery

YOU CAN CONTINUE

- Tylenol
- Celebrex — if previously prescribed
- Ultracet — if previously prescribed
- Glucosamine

NOT LISTED?

- Taking a medication that is not listed here? Contact your primary care physician for guidance.

PLANNING YOUR CARE

- Plan to have a ride to and from the surgery center on the day of your surgery. This person must be **at least 18 years of age**.
- We recommend having someone stay with you for the **first 24 hours** after surgery.

DISCHARGE & AFTER CARE

BRUISING AFTER SURGERY

You may have some bruising after surgery. This is normal and varies from person to person. Some people have only a small amount of discoloration around the surgical area, while others have bruising down the entire leg and into the foot. Both are normal and will resolve over 10–14 days.

SWELLING AFTER SURGERY

Most people experience swelling following surgery. This is normal. The more active you are immediately after surgery, the more swelling you will have. Icing, elevating and performing the instructed post-operative exercises will help decrease it.

WOUND CARE

Maintain your operative dressing for **72 hours** following surgery. You may loosen the bandage if the extremity swells and the hand or foot feels cold or tingly. It is normal for the area to bleed following surgery — if blood soaks through your bandage, do not be alarmed; reinforce it with additional dressing for absorbency. **If bleeding soaks through the reinforced bandage and is larger than a baseball, contact our office.** You may remove the surgical dressing on the third post-operative day, or wait until your first physical therapy appointment.

BRACE OR SLING

Your brace or sling should be worn as directed until otherwise informed by the physician after your first post-operative visit. Your physical therapist can adjust it as needed throughout rehabilitation.

ICE THERAPY

Cold therapy is a great modality to use after surgery. Use your polar care machine (if given) continuously, or ice packs every hour for 20 minutes until your first post-operative visit. **To avoid frostbite, keep a pillowcase or t-shirt between the cold modality and your skin.**

SLEEPING

Do not place pillows under the knee — that is, do not maintain the knee in a flexed or bent position — but rather place pillows under the foot and ankle. Make sure your pain is well controlled throughout the day. Try to avoid taking too many naps, although your medications may make you tired; try to keep a normal schedule. If you are truly having issues sleeping, talk to your primary care physician.

Following shoulder surgery, you may need to sleep in a recliner or elevated position for several weeks.

SHOWERING & BATHING

You can shower **72 hours (3 days)** after your surgery. Do not scrub your incisions — let warm soapy water run over them, and pat dry with a clean towel.

Please refrain from soaking or sitting in any type of water until directed otherwise. This includes bathtubs, hot tubs and whirlpools, pools, the ocean, and lakes, rivers and streams. This prevents bacteria from entering the surgical incisions.

ACTIVITY LEVEL

Every day you should start to increase your activity level, but let your pain and swelling be your guide. Keep in mind that at some point you may over-do it — lots of people make this mistake, and it is normal. Speak with your physical therapist about adjusting your rehabilitation program if your pain or swelling increases.

RESTARTING YOUR NORMAL MEDICATIONS

Consult with your primary care doctor or internist about when to start these again.

PHYSICAL THERAPY

When scheduling your surgery we will instruct you on when to begin physical therapy, as it differs with each patient and procedure. Your physical therapist will have a protocol to follow based on your specific procedure, will guide you and answer questions throughout recovery, and will stay in communication with our team about your progress.

TRAVEL

If you need to travel by plane, or more than 4 hours by car, in the first month following surgery, please let our office know so we can make appropriate recommendations to prevent blood clots.

Surgical Coordinator
Justin Tatman, ATC · 615-421-4160 · Fax 615-936-5931

Appointments
615-936-7846

Website
LanceLeClereMD.com

VANDERBILT HEALTH

CONCERNS FOLLOWING SURGERY

Our office can assist with most of your concerns during normal business hours. **Please contact us via My Health at Vanderbilt for the quickest response.**

CONTACT US FOR

- Increasing pain or swelling not relieved by medication, ice and elevation
- Redness, warmth, increased incision tenderness, drainage or smell
- Bleeding that does not stop
- Numbness in the leg or foot
- Fever over 101.4°F
- Any other concern

GO TO THE EMERGENCY DEPARTMENT FOR

- Prolonged dizziness
- General weakness
- Headache following spinal anesthesia
- Sensations recalled from your operation or procedure
- Shortness of breath

NIGHTS & WEEKENDS
615-936-7846
Call to speak with the on-call orthopaedic resident.

MEDICATIONS FOLLOWING SURGERY

Take all of your medications with food to help minimize side effects. If you have issues with any of these, please call our office. An asterisk marks a medication that is prescribed.

*OPIOID PAIN MEDICATIONS

E.G. PERCOCET, AS PRESCRIBED

- Short-term pain control only
- Take 1–2 tablets every 4 hours as needed for pain
- **No more than 9 tablets per 24 hours**
- To be stopped when moderate pain subsides
- **Do not take additional Tylenol** while taking this medication
- Side effects: nausea, drowsiness, constipation

TYLENOL

AFTER OPIOIDS ARE FINISHED

- 2 extra-strength Tylenol three times a day to help with pain control
- Purchased over the counter at your pharmacy

*ANTI-EMETIC

E.G. PHENERGAN, AS NEEDED

- Anti-nausea medication
- Taken when having nausea associated with opioid pain medications or anesthesia
- Follow the instructions on the prescription bottle

ANTI-INFLAMMATORY

E.G. IBUPROFEN / MOTRIN

- Take 800 mg three times daily **with food**
- Helps reduce swelling and inflammation associated with surgery
- May be taken in combination with the opioid pain medication or Tylenol if needed

*ASPIRIN 81 MG

WHEN PRESCRIBED

- Beginning the day after surgery, take one 81 mg aspirin **twice per day** for **4 weeks**
- Helps prevent blood clots and promote blood flow

*STOOL SOFTENER

E.G. COLACE, AS NEEDED

- A mild laxative to help prevent constipation following your surgery

Some medications may make you sleepy or drowsy — do not drive while taking them.

POLAR CARE COLD THERAPY

Cold therapy units are used after many procedures. How you obtain one depends on the surgery you are having.

KNEE SURGERY

ORDER IN ADVANCE

- Call **DASCO HME, LLC** before surgery if you would like to order a cold therapy unit
- These are **encouraged but not required**
- Not covered by insurance — an out-of-pocket expense
- Cost: **$149.99** plus tax and shipping
- DASCO HME, LLC — **615-445-7496**



SHOULDER SURGERY

PROVIDED ON THE DAY

- The surgery center can provide a unit on the day of your procedure
- **Request it during your pre-operative nursing intake**

DISABILITY & FMLA FORMS

Vanderbilt University Medical Group partners with MediCopy, a health information management company, to complete disability and FMLA paperwork. MediCopy is fully HIPAA compliant and adheres to all state and federal regulations regarding your protected health information.

CONTACT MEDICOPY

FORMS

- Phone: **866-587-6274**
- Online: **medicopy.net/vanderbilt**
- Scan the code to submit disability or FMLA forms



LANCE E. LECLERE, MD

CLINIC LOCATIONS

Belle Meade Orthopaedics and Sports Medicine
6002 Highway 100, Nashville, TN 37205

Vanderbilt Orthopaedics Nashville West
6606 Charlotte Pike, Suite 104, Nashville, TN 37209

Vanderbilt Orthopaedics Franklin
206 Bedford Way, Franklin, TN 37064

APPOINTMENTS & QUESTIONS

Vanderbilt Orthopaedics
615-936-7846

Justin Tatman, MS, ATC, LAT
615-421-4160 (direct)

Laura Taylor, PA
615-936-7846

ONLINE

LanceLeClereMD.com
vumc.org/orthopaedics

PROUD MEDICAL TEAM FOR