

## PATIENT PRE-OPERATIVE CHECKLIST

- If you are 45 years or older, or have active health problems, we need a clearance letter from your primary doctor. If you are healthy and under 45, this can be skipped  
To be completed within 30 days of surgery
- If you have a pre-existing cardiac condition, we need cardiac clearance from your doctor. If you don't, this can be skipped
- Laboratory work  
CBC, BMP, PT/PTT to be completed within 30 days of surgery
- Sign pre-op forms electronically  
You will be emailed these forms.
- All patients, except those with MISHA, radial, and/or root meniscus repairs, need to arrange for a brace  
You will be emailed information about Restore N Motion and a representative will reach out to you.
- Pre-operative call with Dr. Saliman's PA (Morgan)  
You will be contacted 7-10 days prior to your surgery via telephone. If you are unavailable at the time of the call, you will be emailed the pre-operative instructions. You can respond to this email or email [pa@justinsalimanmd.com](mailto:pa@justinsalimanmd.com) with any questions during the pre/post-operative course.
- Pick up post operative medications  
These will be sent to the pharmacy of your choice to pick up prior to your surgery. You may also arrange to have them sent to the pharmacy beside the surgery center to pick up the day of surgery.  
Traveling patients: please bring the medications to the surgery center.
- STOP using NSAIDs (Nonsteroidal anti-inflammatory drugs) 2 weeks prior to surgery
- Schedule a post-operative appointment with Dr. Saliman 1 week after surgery  
[Book consultation here](#) or call the office at 310.703.5819
- Optional - Post-operative ice machine
- If necessary, book hotel and/or travel arrangements  
Information about [airports and local hotels here](#)