

Pre-Operative Oral Hydration

Your surgeon wants to do everything they can to help set you up for success, on both the day of surgery as well as in the initial phase of your recovery. Proper hydration and electrolyte balance prior to surgery can aid in your body's recovery after surgery. Please follow the below hydration protocol leading up to your day of surgery.

3 DAYS BEFORE SURGERY

In addition to your normal daily hydration, drink two 12-ounce electrolyte drinks each day.

(For example, if your surgery is on a Monday, you will start drinking the electrolyte drinks the Friday before surgery).

DAY OF SURGERY

Drink one 12-ounce electrolyte drink 3 hours before your surgery start time. Please **do not drink any caffeine** the morning of surgery.

ELECTROLYTE DRINK RECOMMENDATIONS

- Gatorade
- Gatorade Zero
- Powerade
- Powerade Zero

If you are diabetic, please ensure you choose the “sugar free” option to help keep blood sugar levels in normal ranges.



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