



Dr. Reznik's FAQ's for Surgery

By: Alan M. Reznik, M.D., MBA

Pre-Op questions:

Where will my surgery be performed?

Dr. Reznik performs surgery at multiple locations in the greater New Haven area. Pending your specific problem, the equipment required and your general health Dr. Reznik's team will find the best location for your specific surgery. Dr. Reznik is equally comfortable at all the facilities he maintains his operative privileges.

Do I need to see my primary care physician before surgery?

If over the age of 40 or have any medical issues, you will need to have a "pre-op clearance exam" with your doctor. This will include a physical exam, review of any current medical conditions, and medications. Blood work, urinalysis and EKG will also be done. Chest X-Ray may also be done. My secretary will advise you on exactly what is required. **Please advise us of all medical conditions and medications you are taking prior to surgery. **

What time is my surgery?

Surgery times are set up to accommodate any special medical condition (for example young children and diabetics typically get earlier times). For surgeries at CO Surgery Center call 203-483-2024 between 9:00 a.m. – 2:00 p.m. the day before your surgery to get your arrival time. Other facilities will call you the afternoon before your surgery with your time. If you don't get a call or cannot get a call in to CO by the late afternoon, please let us know by calling Dr Reznik's office.

What should I wear/not wear to surgery?

You should wear loose fitting, comfortable clothing that will fit over bulky dressings. Loose, elastic waist shorts, baggy gym type pants for knee surgery and a loose-fitting button-down shirt for shoulder surgery. Do not wear jewelry, thick fingernail polish (most regular polishes are ok) or contact lenses.



Can I eat or drink anything before surgery?

You may NOT have anything to eat or drink after midnight the night before surgery. *Even if the surgery center tells you its ok - don't most people make mistakes on what is ok and what is not, and this can cause your surgery to be delayed or canceled.* This includes water and ABSOLUTELY no coffee! *The only exception is your normal required medications you are instructed to take in the morning of the day surgery and then it is with a small sip of water.*

Should I take my daily medications the morning of surgery?

Please check with your doctor at your pre-op clearance exam. Patients with high blood pressure or diabetes need to be instructed on exactly what their doctor wants them to do before surgery. In general, diabetics are not eating so they don't take their meds until after they start eating again. People with high blood pressure usually take their morning meds with a sip of water. Other medications depend on your medical conditions. For Blood Thinners you must ask your own MD or PCP for exact instructions!

Surgery Questions:

Will I be awake during the surgery?

You will not be awake during surgery. Most surgeries are done under light general anesthesia along with a local anesthetic to the operative area. (You are typically asleep, comfortable and breathing on your own during surgery). You will be drowsy after. You will need someone to drive you home. For your safety, after anesthesia of any type, it is required that you not be alone the first 24 hours after surgery.

Will I have to stay overnight?

Dr. Reznik using minimally invasive surgery methods and therefore the vast majority of his surgeries are done on an outpatient basis. He uses local blocks around the surgery area, gives you pain medications while asleep in the OR. This will make you the most comfortable you can be afterwards. So, you will go home the same day. No surgery is completely painless so expect some soreness.



Post-Operative Questions:

When can I shower?

You may remove the dressings and shower after 48 hours with most arthroscopic surgeries. Surgeries with larger incisions such as an ACL, Fulkerson procedure or clavicle repair will have the dressing removed at their first physical therapy appointment. Those patients can shower after the dressing is changed but need to keep the incision dry.

When do I start physical therapy?

Physical therapy generally starts the 3rd – 5th day after surgery. You should schedule the first several physical therapy appointments at your pre-op appointment with Dr. Reznik.

When can I drive?

In general, you must be off all pain medications and be able to bear full weight on affected leg if you had knee surgery. For shoulder surgery, you must be completely out of the sling and can easily place hands at the 12:00 position on the steering wheel and move hands feely from the 9:00 – 3:00 position.

When can I return to work?

It will depend on the type of surgery that you had as well as the type of work you perform. Dr Reznik will review your work status as your first post-op.

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