

Dr. Stephanie Mayer's

Pre-operative Instructions/Information:

- I understand that it is in my best interest to let my primary care physician and/or medical specialist about my upcoming surgery. Please make the team aware of any pertinent prior medical history including blood clot history or hyper-coagulable disorders, chronic pain, heart conditions, pain management etc.
- I will coordinate to have a responsible adult drive me home from surgery. Hospital regulations do not permit the patient, Uber/Lyft or taxi services to take you home.
- Nothing to eat or drink after 11 PM the night prior to surgery. Clear liquids (water, black coffee, yellow Gatorade) are okay to consume 4 hours prior to surgery. Please confirm with the pre-op nurse on the phone when they call with your assigned surgery time.
- Discontinue taking any fish oil supplements and vitamin E tablets for 1 week prior along with any NSAID medications (diclofenac, Advil, Aleve, ibuprofen etc.)
 - A nurse from the surgery center will contact you 1 week prior to your surgery date in order to go over your current medication management and discuss which medications to continue or stop surrounding surgery.
- Discontinue taking all multivitamins for 48 hours prior to surgery.
- You can shower as you normally would the night prior to surgery. Unless, your surgery is scheduled at Highlands Ranch hospital then special cleaning wipes will be used while you are in pre-op at the hospital.
- Please wear comfortable and loose clothing to the day of surgery.
- Please leave all valuables at home, including jewelry.
- We do not advise travel by air or long road trips within the first 6 weeks following surgery due to increased blood clot risk. Please speak with the team directly if you have any questions or concerns.
- Equipment: All equipment will be provided at the time of surgery. If you already have a brace or crutches, please bring these with you. You can leave your crutches in the car. **You can also purchase an ice machine for your surgery which we highly recommend.** If your surgery requires the use of a continuous passive motion machine (CPM), you will be contacted by the rep prior to surgery and delivery will be scheduled with you.
 - Specific instructions about use will be provided to you.
- Please bring your insurance card with on the day of surgery.
- Please contact the office to schedule your post-operative visit with our team if not done so prior.

If you have any further questions, please contact Jordan Teboda by phone at (720) 872-4822 or Brittany Vigil at (303) 662-9027. They can also be reached by message via My Health Connection.

KNEE surgery post-operative medications to expect:

MEDICATIONS: You were given the following medications:

PAIN:

- Oxycodone - should be taken every 4-6 hours as needed to control pain
- Tylenol (acetaminophen)– should be taken every 6 hours as needed for pain

INFLAMMATION:

- Naproxen (naprosyn) – should be taken twice a day for three weeks regardless of pain to help control post-operative swelling and inflammation

NAUSEA/CONSTIPATION:

- Zofran (ondansetron)- should be taken every 8 hours as needed to control nausea,
- Colace (docusate sodium)- should be taken by mouth twice a day until your first normal bowel movement. You should take this as long as you are taking narcotic pain medication.
- Miralax (polyethylene glycol)-Mix 1 capful of powder in liquid. This may be taken 1-2 times a day, morning and/or night, in liquid like apple juice, milk, water, etc. if the patient has not had a bowel movement within 24 hours. Results usually take 12-24 hours once medication is started. This is over the counter.

OTHER:

- Aspirin 325mg once daily for 14 days to prevent blood clots
- Lovenox injections if you have a prior blood clot history or risk factors

HIP surgery post-operative medications to expect:

MEDICATIONS: You were given the following medications:

PAIN:

- Oxycodone - should be taken every 4 hours as needed to control pain
- Tylenol (acetaminophen)– should be taken every 6 hours as needed for pain

NAUSEA/CONSTIPATION:

- Zofran 4 mg oral dissolving tabs; take one tab and dissolve under tongue every 6 hours as needed for nausea
- Senna-docusate (8.6-50) mg orally twice daily as needed for constipation. Please take as long as you are taking the Oxycodone.
- Miralax (polyethylene glycol)-Mix (available over the counter) 1 capful of powder in liquid. This may be taken 1-2 times a day, morning and/or night, in liquid like apple juice, milk, water, etc. if the patient has not had a bowel movement within 24 hours. Results usually take 12-24 hours once medication is started. This is over the counter.

INFLAMMATION:

- Indocin 75mg orally once daily starting the day after surgery for 4 days; please take with food; this medication is to prevent abnormal bone formation within the musculature. **DO NOT TAKE WITH OTHER ANTI-INFLAMMATORY MEDICINES**
- Naproxen 500mg orally twice daily for one month; **DO NOT START THIS MEDICATION UNTIL AFTER YOU FINISH TAKING INDOCIN**; this medication is to prevent abnormal bone formation within the musculature. **DO NOT TAKE WITH OTHER ANTI-INFLAMMATORY MEDICINES**

OTHER:

- Prilosec 20mg daily while on Indocin and Naproxen; this medication is to prevent stomach ache while taking NSAIDs
- Aspirin 325mg daily for 14 days, starting the day after surgery. This medication is to prevent blood clot formation after surgery.
- Valium 5mg three times daily as needed for muscle spasms.

*** PLEASE notify the office of any know hypercoaguable (increase clot risk) conditions or previous history of blood clot/pulmonary embolism or pertinent family history.

CHECK LIST FOR UPCOMING SURGERY

*** PLEASE BE SURE TO HAVE EACH OF THESE ITEMS COMPLETED PRIOR TO YOUR SURGERY DATE ***

SCHEDULED SURGERY DATE: _____

SCHEDULE PRE OP APPOINTMENT: _____

SCHEDULE POST OP APPOINTMENT: _____

PHYSICAL THERAPY: DECIDE LOCATION & SCHEDULE PHYSICAL THERAPY POST OP

✓ **Physical Therapy should be scheduled:**

- 2 days' post op- FOR Knees
- 1-day post op- FOR HIPS
- How often should I go to physical therapy?
 - PT will let you know how many times a week they would like to see you after the initial appointment. Normal frequency is 1-2 x week
- Inverness physical therapy phone #: 303-694-3333

✓ **Schedule your post-operative physical therapy visits in advance.**

- ✓ **IF** you are going to an **external location**, please message or call the team with the name, location and the fax number so we can send a referral ahead of time.

DECIDE ON ICE THERAPY OPTIONS (Please make decision at pre op)

- Breg Ice Machine** (provided by our DME department)
 - Cube: no compression \$240 cash pay only
 - Wave: compression added \$375 cash pay only
- Game Ready Ice Machine**
 - Rent for \$325 for a 2-week period; each additional week is \$150
 - If you are interested in this product, please reach out to our rep Taylor Padilla for possible insurance authorization and delivery options.
 - Phone: 303.770.8035
 - Email: taylorpadilla0891@gmail.com
- No thanks, I would rather use ice from home or frozen pea bags. We also accept this form of cryotherapy!

HIP PATIENTS:

SCHEDULE CT SCAN AT ANSCHUTZ HOSPITAL

*** Please call **720-848-1162** to schedule your appointment ***

Date: _____

Time: _____

CPM – (continuous passive movement machine)

- Our MedCom rep will reach out to you prior to surgery & go over instructions as well as schedule delivery.
- IF you have not heard from MedCom please call 970.434.0341