

Prior to Surgery

- Insurance Authorization: Our clinical staff will obtain this prior to your surgery. All scheduled surgery dates are subject to change pending insurance authorization.
- Pre-surgical cost: A member of our billing department will reach out prior to your surgery to discuss any pre-surgical costs.
- Clearance: If required pre-operative clearance for surgery must be done by your primary care provider and be within 30 days of your surgery.
 - o Any medications that you take prior to surgery should be managed by the original prescriber.
- Time-off: You will likely need time off from school/work after surgery. Please submit any necessary paperwork/requests to the office prior to surgery.
 - o Please include the date you would like to return to school/work.
 - o Please allow 5-7 days for completion.
- Our surgery center staff will call you the day before your scheduled surgery (Friday for a Monday surgery) to provide instructions regarding time and place of arrival, time of surgery, and basic pre-operative instructions.
 - o Be aware that your scheduled time for surgery may fluctuate by 1 hour.
- Night before surgery:
 - o Please do NOT eat or drink anything after midnight.
 - o Use Hibiclense[®] antibacterial soap on operative extremity the night before surgery.

Day of Surgery

- You will go home the same day and will need an adult (over 18 years old) to bring you and drive you home from surgery. It is recommended that you have an adult stay with you for at least the first 24 hours.
- You will talk to both the anesthesiologist and the doctor before surgery.
- The surgery itself will take approximately 2 hours.

- We use a post-less surgical bed and pull traction on the hip through a boot on your foot, however, please be aware that if a post is required to provide you with the safest surgery we will have it available.
- Family/caregivers can speak to the surgeon in the waiting room immediately following the operation.
- You will wake up in the recovery unit with a surgical dressing and ice pack on your hip and TED compression stockings on your legs to prevent blood clots.
 - o Please use the stockings for 4 weeks.

Post-operative Instructions

- Dressing: Please leave your surgical dressing in place for 2 days after surgery.
 - o If you have sutures/stitches please cover with bandage. If you have steri strips, please keep in place until post-operative appointment.
 - o Do not soak in a bath until incisions have fully healed.
- Physical Therapy should start within the first 1-4 days after surgery.
 - o You will receive a prescription and therapy on the day of surgery.
 - o Make sure you call to set up your appointment ahead of time.
- Weight Bearing: You will walk with crutches immediately after surgery with only the weight of your foot on the ground. After two weeks, you may start weaning off crutches as guided by your physical therapist.
- Continuous passive motion machine (CPM) and Ice machine: These will be provided for you and delivered to your home. Expect a call from the vendor a few days before your surgery.
 - o Ice machine 5-7 times a day no more than 30 minutes.
 - o Use CPM 3 times a day for 60 minutes, 0-60 degrees.
- Driving
 - o If left operative leg you may drive 3-5 days after surgery if you are not taking pain medication.
 - o If right operative leg, driving is not encouraged until you are not using crutches or pain medication.

Post-operative Instructions

- Following surgery you will receive these medications sent electronically to the pharmacy on file:
 - o Hydrocodone/Acetaminophen 5-325 mg (Norco): pain medication to be used as needed, recommend to take with food, do not take any additional tylenol/ibuprofen.
 - May cause nausea, dizziness, and constipation.
 - Discontinue as soon as possible and transition to Tylenol.
 - o Etodolac 600mg ER (Lodine)/Naproxen: anti-inflammatory used to help prevent against heterotopic ossification, take for 14 days.
 - o Aspirin 81 mg: anticoagulant to prevent blood clots, take for 30 days.
 - o Cephalexin 500mg (Keflex): antibiotic to prevent risk of infection.
 - o Zofran 4mg: Anti-nausea medication.
- You may experience some nausea, sore throat, or dizziness after surgery related to general anesthesia and narcotic pain medications. These lessen within 2-5 hours after surgery but sometimes can last a few days.
- You may have some numbness to the top of your foot, groin, or outside of your leg related to surgery. This is normal and will resolve over time.
- If you develop a fever (>100.4 degrees), signs of infection (pus or redness around your incisions), excess bleeding from incisions, persistent nausea/vomiting, or calf swelling/redness/pain, please contact our office immediately at 515.224.1414.

Follow-up Visits

- Your first follow up appointment should be already scheduled. This will be confirmed with you by surgery staff before you head home.

The information was provided prior to your surgery to help bring clarification on the surgical process. If you have any questions, please call 515.224.1414.

