

American Hip Institute Surgical Guide

Joint Arthroscopy

You are entering a mutual relationship in which we are committed to giving you your life back. This booklet was developed as a resource and teaching tool pertaining to your procedure.

An important part of your recovery is your commitment to the care and rehabilitation of your improved joint. We understand that the preparation and recovery process can be challenging, and we encourage you to read this packet and highlight questions or notes that you would like to discuss with our clinical staff during your pre-operative appointment.

Please bring this booklet to your pre-operative appointment so we can review your questions. Thank you for allowing us the opportunity to address your healthcare needs. You will have a dedicated team helping you through the surgery process. The team consists of your surgeon, a nurse practitioner, physician assistant, surgery scheduler, insurance coordinator, and administrative assistant. If you need to reach any member of your surgical team, please contact our office at (833) 872-4477.

Date of Surgery:

Location of Surgery:

**Greater Chicago Center
for Advanced Surgery**
999 E. Touhy Ave, Suite 350
Des Plaines, IL 60018
(630) 970-0970

St. Alexius Medical Center
1555 Barrington Road
Hoffman Estates, IL 60169
(847) 843-2000

North Shore Surgical Suites
8400 Lakeview Pkwy
Pleasant Prairie, WI 53158
(262) 455-7548

Good Samaritan Hospital
3815 Highland Ave
Downers Grove, IL 60515
(630) 275-5900

Table of Contents

Pre-Surgical Checklist.....	2
Preoperative Guidelines.....	4
Post-operative Care	6
Returning to work	9
Frequently Asked Questions.....	10
Clinical Outcomes Program	11
Review Our Team	11
Your Questions	11

Pre-Surgical Checklist

Your Pathway to a Successful Surgery

In order for your surgical experience to proceed smoothly, each of the following items must be completed prior to the day of your procedure:

- Please have all physical therapy records, relating to the surgical joint, from the last year faxed to our office at 630-323-5625. If you do not have recent records for your surgical joint, please let us know immediately as this may delay surgery.
- Requests for Work/ School notes or FMLA paperwork should be faxed to our office at 630-323-5625: As soon as your paperwork is received there will be a 7-10 business day turn-around.
- Attend your pre-operative appointment: Your pre-operative testing will be performed by our staff. You will also receive any necessary medical equipment such as a brace, immobilizer or crutches that will be needed for your recovery.
 - ✓ If you would like a handicap placard application for the state of Illinois, one can be provided to you at this appointment.
- One week before surgery it is necessary to stop taking the following medicines unless otherwise directed by your medical physician:
 - ✓ All anti-inflammatory medicines: (Aleve, Advil, Motrin, Ibuprofen, Voltaren, Naprosyn, Celebrex, etc.)
 - ✓ Nutritional supplements: (Vitamin E, Ginseng, Ginko Biloba, Garlic, Ginger, etc.)
 - ✓ All GLP-1 agonists that are taken weekly (Ozempic, WeGovy, Mounjaro, etc.)
- GLP-1 agonists that are taken daily (Rybelsus, Victoza, Byetta, etc.) should be held the DAY OF surgery.
- Consult with your prescribing physician for the appropriate and safe discontinuation of any medication before surgery, particularly:
 - ✓ Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox and/or any other blood thinning medications: These medications need to be safely discontinued at very specific times before surgery. Some medical conditions can be life threatening if these medicines are stopped without appropriate timing and precautions.
 - ✓ Rheumatologic medicines such as Enbrel and Humira: Discuss with your Rheumatologist as some of these medications need to be discontinued one month prior to surgery.
- Discontinue use of nicotine and alcohol: It is the American Hip Institute's policy that all patients remain nicotine and alcohol free for at least 1 month prior to surgery and abstain from nicotine and alcohol for at least 3 months after surgery. Patients may be subject to testing to ensure compliance with the above policy.
- Please let our office know if you would like to rent the cold compression therapy system. This is recommended to optimize comfort during recovery. Cold compression uses state-of-the-

art technology to deliver therapeutic cooling without ice. It is the most convenient way to apply cold therapy and can improve recovery.

- Arrange for transportation for the day of surgery: You will not be permitted to drive yourself. Your surgery will be cancelled if this is not arranged. Some surgical centers offer transportation at no additional cost as long as you can bring someone above the age of 18 to accompany you. Please let your clinical concierge know if you would like transportation services for the day of surgery. If the surgical center you are scheduled at does not offer transportation, it is your responsibility to have transportation arranged.
- Schedule your first physical therapy session: For most surgeries, post-operative physical therapy will begin the day after surgery, unless otherwise advised by your surgeon. Please schedule your appointments and arrange the necessary transportation. Your physical therapy prescription will be provided to you in your surgical folder on the day of surgery. Please note that AHI does offer physical therapy in our office, should you wish to schedule an appointment please call our office at (833) 872-4477. Please take your physical therapy prescription and protocol to your first therapy session.
- Begin protein supplementation. Our recommendation is to supplement with protein twice per day for four weeks prior to surgery and four weeks after surgery. Prioritize protein shakes that are low in sugar and carbohydrates, but high in protein.

Preoperative Guidelines

Two Days Before Surgery

- Shower with Hibiclens® antibacterial soap two nights before and the morning of your surgery. Hibiclens® can be purchased as an over-the-counter item at your local pharmacy.
 - ✓ Avoid using Hibiclens on the face, genitals or mucous membranes.
 - ✓ You may use regular shampoo and conditioner on your hair.
 - ✓ Do not use lotions, powders or deodorant after cleansing with Hibiclens.
 - ✓ If you have any allergies or sensitivities to soaps, you may use your own soap. Please discuss this with your health care team at your pre-operative visit.
 - ✓ Do not shave near the area of your surgery for 3 days prior to the procedure.
 - ✓ Follow your normal oral care routine.
 - ✓ DO NOT wear make-up or nail polish the day of surgery.
 - ✓ Use clean towels and bedding before and after the procedure.

One Day Before Surgery

- Drink 2 bottles of Ensure Pre-Surgery Clear Nutrition Drink before going to bed, 30 minutes apart, and not after midnight. Doing so helps recovery by reducing nausea and vomiting after surgery, reducing pain after surgery, and reducing your time in the surgical facility. DO NOT TAKE ENSURE IF YOU ARE DIABETIC.
- Alternatively, regular (not low -sugar) Gatorade can be consumed instead of Ensure Pre-Surgery Clear Nutrition Drink. DO NOT TAKE BOTH. Any color Gatorade is acceptable, *except for red.* Drink 24 oz of regular Gatorade before going to bed, and not after midnight. DO NOT DRINK GATORADE IF YOU ARE DIABETIC.
- Do not eat or drink anything after midnight before your surgery, unless otherwise instructed, as this can result in surgical cancellation. Gatorade or Ensure Pre-Surgery Drink are the only exceptions, as detailed above. This information will be provided to you during your pre-operative phone call from the surgery center. Your stomach needs to be empty for surgery. You will be instructed as to which of your medications can be taken on the morning of your surgery with small sips of water only. If you are diabetic, do not take any oral medication for your diabetes unless otherwise instructed by your medical team.
- A registered nurse will call you one day prior to surgery. This will take place on Friday for a Monday procedure, between 3:00 p.m. and 7:00 p.m. to inform you of your arrival time at the surgery center or hospital and to answer any additional questions.

Day of Surgery

- Drink 1 bottle of Ensure Pre-Surgery Clear Nutrition Drink 4 hours before your surgery start time. DO NOT TAKE ENSURE IF YOU ARE DIABETIC.
- Alternatively,* drink 12 oz of regular Gatorade (not red color) 4 hours before your surgery start time. DO NOT DRINK GATORADE IF YOU ARE DIABETIC.

- Do not eat or drink anything else unless instructed otherwise.
- Please bring any medical equipment such as brace or crutches with you to your surgical location.
- Dress comfortably.
- Staff will guide you to the pre-operative unit. Here you will be asked to change into a gown and be prepared for surgery:
 - ✓ The site of surgery will be shaved and prepped.
 - ✓ You will need to remove contact lenses. Please bring glasses if needed.
 - ✓ Any dentures or partials will need to be removed.
 - ✓ Alert the RN of any allergies that you may have (penicillin, latex, iodine/shellfish)
 - ✓ An IV will be inserted for access, fluids, antibiotics and medications. You will be given a cocktail of medications preoperatively to minimize pain and inflammation.
 - ✓ Family members or your designated contact person will be directed to the waiting room to remain during your surgery. Your family can expect one of our team members to come and speak with them approximately 2 hours after the start of surgery.
- The anesthesia team will review your medical history and explain the methods for anesthesia and the risks and benefits involved.
- You will be seen by your surgeon prior to transfer to the operating room to answer any last-minute questions and have the surgical site signed off.
- Staff will take you to the operating room. The surgical team will provide warming blankets, check that you are comfortable, and ensure all body parts are safely positioned and well-padded.
- After surgery is completed, you will be taken to the recovery area by the anesthesia team and the nurses. Our staff will call you to let you know the procedure has finished.
- In the recovery area, an experienced recovery room nurse will closely monitor you.
- As you wake up from the anesthesia, anyone who has accompanied you is able to come back to the recovery area, once indicated by the nursing staff.
- Depending on your surgical procedure, you will either be discharged home by the anesthesia team or admitted to the hospital for further evaluation if medically indicated.

Post-operative Care

Medications

- Medications: You will receive a personalized medication calendar at your pre-operative appointment. Please carefully review the calendar and follow the medication instructions provided by our team to manage your pain levels after surgery.
 - ✓ If you have any medication allergies, or currently take any medications, please write these down and inform your provider at your preoperative appointment.
 - ✓ Please ensure that you have received your medications prior to surgery. In some cases, your pain medication may not be fillable by a pharmacy until 2–3 days before surgery.

- Please note that a limited amount of pain medication can be dispensed through our office due to state and insurance guidelines.
 - ✓ You will be issued a prescription for pain medication and one (1) refill.
 - ✓ If you utilize the allotted refill amount, you must schedule an appointment and obtain your medication from a Pain Management Specialist or your Primary Care Physician.

Wound Care & Bandages

- Our medical team will discuss the type of incision(s) you will have. Most surgeries will have sutures that will remain in place for 14 days and be removed during your 2-week postoperative appointment. Initially, the incisions will be covered with gauze and tape.

- It is normal for the bandages to get soaked after surgery, as some fluids will leak through the incisions. If the bandages become soaked in fluid, you can remove the gauze and tape with clean hands, then replace with new gauze and tape.

- Bandages can be fully removed 3 days after surgery, unless otherwise instructed by the medical team. You can leave the incisions open to air and it is recommended to wear loose-fitting pants. If incisions are bothered by clothing, soft gauze can be placed over the incisions.

- Please keep your incision(s) clean, dry and intact.

- You are allowed to shower starting three days after surgery.
 - ✓ In the shower, let the water run off the incisions.
 - ✓ Do not apply any soap to, or scrub, the incisions.
 - ✓ Pat the incisions with a clean towel, allow to air dry fully, place band aids over sutures if you desire

- Do not utilize swimming pools, hot tubs, or bathtubs until cleared by the medical team

- If the wound begins to have drainage, redness, odor, or is extremely painful, please call our office immediately.
- Our office cannot treat wound concerns based on photos; we require that all wounds be checked at our headquarters office by our clinical staff.
- Please do not apply any creams, ointments, or lotions to your incisions.

Durable Medical Equipment

- At the time of surgery, our team will discuss with you how long you will have to use your brace, immobilizer and/or crutches.
 - ✓ If you have a brace/immobilizer, you may take the brace off when changing clothes, showering, and if they instruct you to do so in physical therapy.
 - ✓ Braces/ immobilizer are recommended to be worn over clothing.
 - ✓ If there are any questions about durable medical equipment, please contact our office

Concerning Symptoms

- If you experience any of the following symptoms, please call our office immediately.
 - ✓ Fever greater than 101° F
 - ✓ Uncontrollable pain
 - ✓ Excessive bleeding
 - ✓ Persistent nausea and vomiting
 - ✓ Excessive dizziness
 - ✓ Persistent headache
 - ✓ Red, swollen, oozing incision sites
- If you experience any of the following symptoms, please call our office immediately. Be prepared to proceed to your local Emergency Room (preferably, St. Alexius Medical Center).
 - ✓ Chest pain
 - ✓ Shortness of breath
 - ✓ Fainting or loss of consciousness
 - ✓ Persistent fevers greater than 101° F
 - ✓ Weakness, numbness, inhibition of motor skills in the operative extremity
 - ✓ Red, swollen, or painful calf and/or increased numbness or tingling in your foot

Physical Therapy

- The American Hip Institute requires patients to attend physical therapy 2–3 times per week, for up to 16 weeks after surgery.

- ✓ A folder will be given to you on the day of surgery that contains the physical therapy script and protocol.
- ✓ Our physical therapy protocol can also be found on our website (www.americanhipinstitute.com).

Travel

- Please let our team know if you plan to travel (e.g., via airplane or a car ride greater than 2 hours) within the first 6 weeks after surgery.
- In most cases, our office will send the injectable, Lovenox, to be administered before travel to prevent blood clots if travel is anticipated within the first 6 weeks following surgery.
- Please also always wear compression stockings when traveling and remember to take frequent breaks to stand up and walk around.

Returning to work

- Returning to work is different for each individual and depends on your recovery process and the type of work you perform.
- Discuss your job tasks and responsibilities with your healthcare team so you can start talking with your employer about returning to work before surgery.
- Make sure you provide time to go to outpatient therapy.
- Return to Work Timelines for Low-to-Medium Physical Demands:
 - ✓ Sitting job: 1-3 weeks after surgery
 - ✓ Sitting and standing job: 1-4 weeks after surgery
 - ✓ Standing: 1-4 weeks after surgery
- Return to Work Timeline for High Physical Demands / Heavy Labor
 - Full, unrestricted duty will be determined on an individual basis, usually between 3–6 months after surgery.
- Family Medical Leave Act (FMLA) Paperwork
 - ✓ Many patients require completion of FMLA paperwork for their job.
 - ✓ Please allow 7–10 days for completion.
 - ✓ Please submit paperwork prior to your preoperative appointment.
 - Fax to: (630) 323-5625
 - ✓ Make sure your paperwork indicates your name and date of birth and includes a job description, which details specific tasks related to physical demands.

Frequently Asked Questions

- When can I drive again?
 - ✓ *There is no specific time frame in which driving is allowed after surgery.*
 - ✓ *At minimum, you must not be taking pain medications, not be in any brace, and feel strong enough in the driving leg to use both the gas and brake adequately.*

- What do I do if my bandages become soaked before 3 days?
 - ✓ *You may remove the tape and gauze carefully and with clean hands. New gauze and paper tape can then be applied. If you do not feel comfortable doing so, you can call to schedule a medical assistant visit at our headquarter office.*

- What do I do if I run out of my medications?
 - ✓ *Please call our team.*
 - ✓ *Refills can take up to 48 hours*
 - ✓ *Please plan ahead, so you will not have a gap between needed medications.*

- I'm having trouble with having a bowel movement after surgery—what should I do?
 - ✓ *This is a common side effect of many pain medications and/or anesthesia.*
 - ✓ *Senokot-S is an over-the-counter medicine that helps with constipation, which you received a prescription for at your preoperative appointment - take this medication.*
 - ✓ *We also recommend drinking lots of fluids and eating a high fiber diet.*
 - ✓ *In some cases, magnesium citrate can be taken as prescribed on the bottle. This is available from CVS, Walgreens, or any other drug store. Do not combine this with any other stool softeners.*

- How long do I have to wear my compression stockings?
 - ✓ *Please wear your compression stockings on both legs as much as possible for 4 weeks after surgery.*

- Do I have to wear the sequential compression devices (SCDs) given to me from the surgical facility?
 - ✓ *SCDs are provided by some facilities, but not all. They are not required, however can be worn when at home and elevating or ambulating. They can be worn up to 18-20 hours per day. If your feet become tingly or numb, remove the SCDs.*

Review Our Team

If you are happy with your treatment, please spread the word! You may review our team using any of the following services and we appreciate your taking the time to share your experience.

- Google**
 - ✓ Sign into Google (Gmail) account
 - ✓ Click on the small pencil to write a review
 - ✓ Follow instructions to create a public google + account if necessary
 - ✓ Select number or stars
 - ✓ Insert review in the box
 - ✓ Select publish
- Yelp**
 - ✓ Select Write a review
 - ✓ Select number or stars
 - ✓ Insert review in the box
 - ✓ Select sign up and Post – Either sign up or sign in to your Yelp account
- Vitals**
 - ✓ Select number of stars (overall & specific)
 - ✓ Insert Title of Review
 - ✓ Insert Review
 - ✓ Select Submit review
- Health Grades**
 - ✓ Select number of stars or sliding scale
 - ✓ Select Submit Survey
- Rate MD**
 - ✓ Select add rating
 - ✓ Select number 1-5 in categories
 - ✓ Fill in any comments
 - ✓ Check box to verify comments
 - ✓ Select Add New Ratings
- Facebook**
 - ✓ Login to account or create one
 - ✓ Select number of stars
 - ✓ Fill in any comments
 - ✓ Select Review
 - ✓ Like us and Follow us on Facebook and Instagram

Your Questions

Please write down questions here that you would like the American Hip Institute team to answer or discuss during your preoperative visit.

