

## Appointments to have prior to surgery:

- First post-operative appointment in our office
  - Make sure you are scheduled to see us in office between 6-14 days after your surgery date.
  - At this time, we will change your dressing and check in on how you are doing.
- First physical therapy appointment:
  - Unless specified, you should plan your first physical therapy session with in the first 2 days of surgery.

## Equipment to bring with you to surgery:

- Hip brace
  - Contact Shannon O'Neill to schedule a fitting if needed:
    - 317-910-8677
    - [Shannon.oneill@djoglobal.com](mailto:Shannon.oneill@djoglobal.com)
- Crutches/Walker:
  - It is important that the crutches are fit to you properly and that you are comfortable using crutches.
  - If necessary, you can schedule a physical therapy visit before your surgery to learn how to use and obtain crutches.

## Arrival time:

- The surgery center will contact you within a week of your surgery to give you your surgery time and check in time.
- The surgery center will also reach out to you about a week before surgery to assist you with getting COVID testing. The test will be done 5 days prior to your surgery.
- Arrival time is typically 1.5 to 2 hours prior to surgery time, but this can vary based on how the schedule proceeds that day. We will keep you informed on any changes to the schedule.
- Plan to spend majority of your day at the surgery center.
- Unless specified, this is an outpatient procedure, meaning that you will go home on the same day of surgery.

## Transportation:

- YOU MUST HAVE A RESPONSIBLE DRIVER TO TAKE YOU HOME. PUBLIC TRANSPORTATION, CABS OR UBER DRIVERS ARE NOT CONSIDERED TO BE RESPONSIBLE DRIVERS.
- We recommend that a responsible person stay with you overnight for the first night post-surgery to take care of you, as you may still experience some effects from anesthesia and narcotic medication among other things.
- You may not stay at a hotel alone after surgery. If you do not have someone to take care of you, you will not be permitted to have surgery.



## The night before:

- Do NOT eat or drink anything after midnight!!!
- This includes candy, mints, gum and tobacco products.
- You may brush your teeth the morning of surgery.

## Medications:

- We will prescribe you medication for after your surgery. You are to pick this up within 7 days of prescription. We will send it to your preferred pharmacy.
- If you are taking any anti-inflammatories, do not take one on the day of surgery.
- Alert your surgeon if you are taking any blood thinning medication
- If we have asked you to discontinue any medications prior to surgery, please do so as instructed by Dr. Everhart.
- You are permitted to take Tylenol (acetaminophen) or any other pain medications as needed.
  - Make sure they do not have aspirin or anti-inflammatory medications.
- Follow instructions in your post-operative protocol for pain relieving medications.

## Smoking:

- If you are a smoker, it is highly encouraged to quit smoking at least 6 weeks before your surgery.
  - Not only does it increase your risk of infection, but it can delay the healing of bone or soft tissue surgery.

## Minimizing risk of surgical site infection:

- You must notify our office if any of the following apply:
  - You are prescribed antibiotics and will not finish it 2 weeks prior to surgery
  - If you develop any symptoms such as fever, cold, flu or other changes to your health within 1 week
  - If you see any cuts, scrapes, blemishes, bites, rashes or anything out of the ordinary of the skin on the operative extremity.
- Hibiclens
  - Hibiclens is a special soap that is used to reduce the germs on your skin to reduce the risk of a post-surgical wound infection.
  - You can buy one at any pharmacy or drug store.
  - Please review the following instructions:
    - If you have open skin areas such as abrasions or cuts, please contact our office before using this product.
    - If you have an allergy to Chlorhexidine Gluconate do NOT use this product.
    - Do NOT apply this soap on your face or private (genital) area.

## Hip Pre-operative instructions



IU Health Physicians

- Apply the Hibiclens directly on your skin or on a wash cloth and wash gently.
- Do NOT use regular soap after applying the Hibiclens.
- Follow directions on the Hibiclens bottle.

### What to wear:

- Do not wear jewelry, body piercings, make up, nail polish, hair pins or contacts on the day of surgery. Glasses are permitted.
- You may wear your hearing aid, dentures on the day of surgery as well.
- Do not apply lotion to the surgical area.
- Wear loose fitting clothes to accommodate the bulky dressing and braces that you will be given.
  - They may get dirty so make sure these aren't your favorite clothes.

### FMLA/ Disability paperwork:

- Please forward any paperwork to our office via email or fax.
- This will typically be completed the week of surgery.

### Other reminders:

- Hair removal: hair around the surgical area will be shaved at the surgery center.
- Wound care: more detailed instructions can be found in the post-operative protocol.
  - Your incisions will be covered with a sterile dressing at the time of surgery.
  - Keep this dressing clean, dry and intact for 2-3 days.
- Leave all valuables and money at home or with a family member.

### Communication:

Please do not hesitate to contact us if you have further questions that this packet does not answer. You can call the phone number or send an email to the address listed on the business card in your packet. It is better to use the written number (ending in 8839) during the day and the printed number (ending in 9400) for after hours, emergency or urgent matters.