



Preoperative Instructions Hip Arthroscopy

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Sports Medicine and Hip Arthroscopy
Toledo Orthopaedic Surgeons**



Hip Arthroscopy Pre Operative Instructions

Your surgery is scheduled for: _____, at:

Wildwood Orthopaedic and Spine Hospital
2901 N. Reynolds Rd
Toledo, OH 43615
419-578-7700

Surgery time: You will be contacted by a nurse from the facility where your surgery will take place the day before your surgery to let you know what time to arrive.

Contact numbers are listed if you have not received a call by late afternoon. You will go home the next day (unless otherwise instructed).

Insurance information: Dr. Gupta's office will pre-certify your surgery with your insurance company. Please provide us with the most up to date information regarding your insurance. Your benefits will be verified. If you are under Workman's Compensation, written authorization will be obtained before scheduling surgery.

Preoperative testing: Dr. Gupta will let you know what pre-operative testing is required when you schedule your surgery. This may consist of basic blood work and/or seeing your medical doctor. For anesthesia purposes the information must be completed and faxed to the office **AT LEAST ONE WEEK PRIOR TO SURGERY**. If the information is not received or is incomplete, your surgery may be cancelled.

Plan time off of work/school: You will likely need time off of work/school. This varies based on the amount of time you spend on your feet, lifting requirements, commuting etc. Please submit any necessary disability paperwork/request necessary documentation from the office prior to surgery. You may fax the requested paperwork to the office to the attention of Lisa. Please include the **ADDRESS OR FAX NUMBER** where you would like this submitted and the **DATE** you would like to return to work. Please plan ahead and allow 7 days for completion.

Physical therapy: Should be at Toledo Orthopaedic Surgeons PT office. Call ahead to set up your PT appointment. PT should begin 1 week after surgery.

Equipment: Occasionally a CPM (continuous passive motion machine) and brace will be applied to your operative leg the day of or the morning after surgery. Instructions will be given to you by Chandler, our TOS durable medical equipment manager.

***These machines/brace are recommended for use by Dr. Gupta. Dr. Gupta's office does not assume responsibility if the equipment is not covered by your insurance. Questions about equipment use and insurance coverage should be directed to the company that provides the equipment. These companies should outline a payment plan for you in the event that your insurance does not cover the equipment. Please ask about this prior to surgery. ***

Medications:

Stop: Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Aspirin, Plavix (if instructed by your PCP), Herbal supplements and vitamins seven days prior to surgery.

Limit: Use of narcotic pain medications (if you take them). This will make it easier to manage post op pain. (examples: norco, vicodin, percocet)

Contact your primary doctor: If you take Coumadin, Lovenox, Ticlid or any other blood thinners. Your doctor will need to help manage starting and stopping these medicines. Please make Dr. Gupta aware if you take these medications.

Morning of surgery: If you normally take cardiac medications in the morning, take with a small sip of water. If you are diabetic and take LONG ACTING insulin, take HALF of your AM dose.

DO NOT take the following medication the morning of surgery:
Diuretics (or any blood pressure medications with a diuretic component)
Oral diabetic medications
Regular (short acting) Insulin

The night before surgery: DO NOT eat or drink anything after midnight. Do not smoke after midnight. Meds can be taken with a small sip of water. Wash with HIBICLEANSE soap prior to going to sleep (available at Walgreens or CVS).

What to bring with you to surgery:

- Comfortable clothes to wear home (the brace will go over your clothes)
- A family member or friend to drive you home
- A family member or friend to stay with you for the duration of your procedure (
- A list of meds and medical problems to provide to anesthesia team
- Your pharmacy number so we can call in your medications

Important Contact Information:

Toledo Orthopaedic Surgeons
419-578-7200

Dr. Gupta's Nurse – Ask for Lisa

Durable Medical Equipment Questions – Ask for Chandler during regular business hours

Additional Resources Regarding Dr. Gupta

- www.tolortho.com
- <https://www.linkedin.com/pub/anil-gupta-md-mba/7b/36/bb8>