

## WHAT SHOULD I DO TO PREPARE FOR MY SURGERY

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- Arrange for a family member or friend to accompany you to the hospital the day of your surgery.
- CANCEL ANY DENTAL APPOINTMENTS/INVASIVE PROCEDURES THAT FALL BETWEEN 3 WEEKS PRIOR TO SURGERY AND 3 MONTHS AFTER SURGERY.
- AVOID ANY INJECTIONS INTO YOUR SURGICAL JOINT FOR 3 MONTHS PRIOR TO SURGERY.
- You will be discharged from the hospital as discussed previously, so plan ahead for transportation home or to the hotel the day of your planned discharge.
- Arrange for someone to stay with you the first night you return home or to the hotel after the surgery.
- Adjust your work/social schedule accordingly during your anticipated recovery time.
- Remove small throw rugs or other small obstacles that may be in your path.
- If you have pets, you may want to arrange for someone to assist in caring for them for a few days after you return home.
- While taking narcotic pain medication you will NOT be permitted to drive. Oxycodone and Norco (Hydrocodone) are narcotics. You may need to arrange for transportation to your initial follow-up visit.
- You will need to follow up with Dr. Shaw approximately two weeks after surgery. This appointment may have been made for you when you signed up for surgery. If you were not given an appointment, please call Isabella **561-727-1256**. Please check for a BLUE SHEET in your packet.

- In order to stay well hydrated after surgery, pick up some alternatives to water, for example: Gatorade, juice, or vitamin water.
- Consider taking additional protein prior to and after surgery for healing benefits.
- If you are currently performing an exercise program, continue doing so.
- If you are not currently performing an exercise program, you may incorporate exercises as directed on the hand-outs in this binder. If you start the exercises and they are too painful, stop doing them.
- After surgery your physical therapist will give you a new exercise program and progress you appropriately.