

Pre-Surgery Checklist:

I have completed all preoperative testing:

Lab work

MRSA

EKG

Medical Clearance

Other Clearances:

***If results are missing, contact your doctor & have them fax results to:
813-345-4151 ASAP. If we cannot obtain results, surgery will be cancelled.***

I have completed all preoperative imaging (if required):

MAKO CT Scan

MRI

SPECT-CT

Long Leg X-Ray

I have attended my total joint replacement class

I understand I will need to STOP the following medications 7-10 days BEFORE surgery:

NSAIDs (Ibuprofen, Aleve, Meloxicam/Mobic, Diclofenac, etc.)

Supplements

Medical Marijuana

Blood Thinners: ASK YOUR DOCTOR!

I have a two-wheeled walker, and will bring it on my surgery day

I understand it is my responsibility to set up outpatient physical therapy and will schedule this BEFORE my surgery date.

My medications will be sent to: _____

How To Manage Pain After Surgery:

Pain, bruising, swelling, and difficulties walking/sleeping can be very normal for the first few weeks after joint replacement surgery. Medications alone will not resolve all of your pain. The best way to manage pain is to:

- Alternate medications as shown below
- Elevate the leg
- Perform physical therapy exercises 2-3x daily
- Use an ice machine



Please consult with your medical doctor if you have concerns about taking the medications below.

Total Knee Replacements:

Time	Medication
8:00 AM	Norco 5mg (Hydrocodone Acetaminophen)
12:00 PM	Ibuprofen 600mg
4:00 PM	Norco 5mg (Hydrocodone Acetaminophen)
8:00 PM	Ibuprofen 600mg

Total Hip Replacements:

Time	Medication
8:00 AM	Tramadol 50mg & Ibuprofen 600mg
12:00 PM	Tylenol 1,000mg
4:00 PM	Tramadol 50mg & Ibuprofen 600mg
8:00 PM	Tylenol 1,000mg



Physical Therapy After Surgery

Physical therapy is an important part of your rehabilitation after surgery. If you choose to not attend therapy, you may risk permanent stiffness or pain.

Home Physical Therapy:

Not covered for Medicaid, Oscar, or Ambetter insurance plans.

- Home physical therapy is coordinated by our office
- They will call you 1-2 days after surgery to confirm address and time of appointment
- Your first visit will be 3-4 days after surgery
- Home therapy will only be available for the first 2 weeks. Afterwards, you need to attend outpatient therapy.

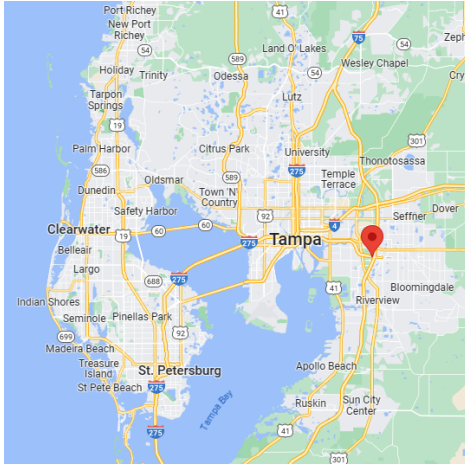
NOTE: Access to home physical therapy will not impact your recovery as long as you are committed to performing home exercises daily.

Outpatient Physical Therapy:

- YOU are responsible for coordinating outpatient therapy
 - Medicaid, Oscar & Ambetter patients: Begin PT 5-7 days after surgery
 - Medicare & Commercial patients: Begin PT 2 weeks after surgery
- Coordinate this service BEFORE your surgery date. Many PT locations have waiting lists!
- We prefer you attend our physical therapy whenever possible to keep a close eye on your progress.

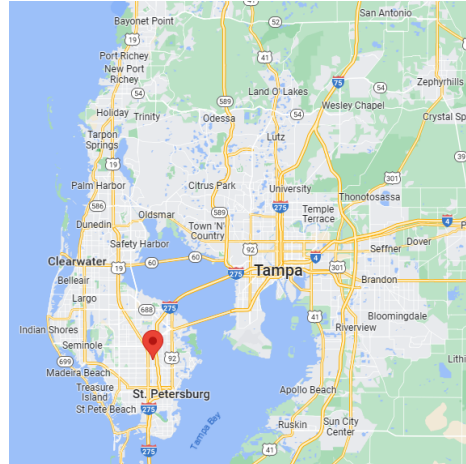
Where Do I Go For Therapy:

Preferred Choice:



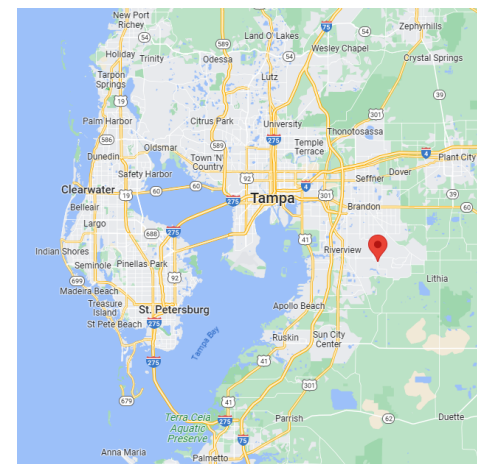
HEALTHPLEX

10740 PALM RIVER RD STE 310
TAMPA, FL
813-359-1891



ST. PETE

2805 54TH AVE N
ST. PETERSBURG, FL
727-306-0459



FISHHAWK

13837 CIRCA CROSSING DR
LITHIA, FL
813-536-7622

Additional Physical Therapy Providers:

PT Solutions
Select Physical Therapy
Advanced Rehabilitation
BayCare
OPPT

Please check with the facility to make sure they are in network with your insurance

Home Exercise Program:

Please complete this program 2-3x per week *before* surgery to increase muscle strength, and ensure a quicker recovery.

After surgery, you will perform the same exercises 2-3x per day.

#1 Ankle Pumps

Perform: 3 sets of 10



Point and flex your toes to bend your ankles. This exercise helps to prevent blood clots after surgery.

#2 Knee Extension

Perform: 3 sets of 10



Sitting in a chair with your legs bent, extend one leg straight and hold for 3 seconds. Then, bend the knee to rest.

#3 Straight Leg Raises

Perform: 3 sets of 10



Laying down on a bed, lift the leg straight into the air. Lower down slowly, with control.

#4 TOTAL KNEE REPLACEMENT'S ONLY- Heel slides

Perform: 3 sets of 10



Laying down on a bed, use a strap to wrap around your ankle. With your arms, pull your knee slowly into a bend position. Then, relax the leg straight.

