

PRE-SURGERY CHECKLIST

COMPLETE ALL SURGICAL TESTING

- Lab work
- EKG
- Medical Clearance
- Other Clearance:

COMPLETE IMAGING

- MAKO CT
- MRI
- SPECT-CT
- Long Leg X-Ray

****ONLY IF REQUIRED****

PRE-OPERATIVE EDUCATION

- Attend Joint Class

****SCAN FOR MORE
INFO!****



MEDICATIONS TO STOP

- NSAIDs
- Supplements
- Medical Marijuana
- Blood Thinners (ask your
doctor first!)

POST-SURGERY WALKER

- Obtain a walker
- Bring it with you to
surgery!

PHYSICAL THERAPY

- Make appointment
with outpatient
therapy

CONFIRM PHARMACY

- My post-surgery
medications will be
sent to:

Pain Management

Pain Medication Management

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

- Alternate medications shown below (consult your medical doctor)
- Elevate the leg
- Perform home exercises 2-3x per week
- Use an ice machine

Time	Medication Name
8:00AM	Norco 5mg
12:00PM	Ibuprofen 800mg (Over-the-counter)
4:00PM	Norco 5mg
8:00PM	Ibuprofen 800mg (Over-the-counter)

Ice Machines

Narcotic pain medications will not provide complete relief. Ice machines are highly encouraged and are more effective than regular ice packs in reducing postoperative pain, bruising, and swelling. Ice machines are available in all office locations.

Breg Vpulse



\$500 + Tax

Features include:

- Superior compression for wound healing and swelling.
- Calf compression attachments to prevent blood clots.
- Ability to use the product without ice.

Breg Kodiak



\$150 + Tax

Features include:

- Continuous cold which lasts longer than ice packs.
- Universal pad which can be used for any body part.
- Easy to use machine.

Home Exercises

Completing home exercises 2-3x daily after surgery is crucial for a smooth recovery, and will help decrease pain, and improve mobility. Neglecting to do the exercises listed on the next page will hinder the recovery process.

**SCAN FOR MORE
INFO!**



Physical Therapy After Surgery

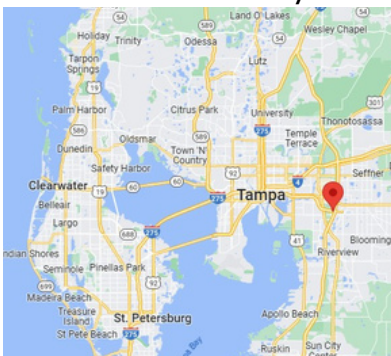
Physical therapy after surgery is critical to recovery. A delay in starting exercises may cause increased pain, permanent joint stiffness, and continued swelling of the joint. It is ultimately your responsibility for completing exercises every day. Your willingness to complete the home exercise program will have the greatest impact on your recovery. There are two types of physical therapy you may receive throughout your recovery:

Home Physical Therapy

- 1** Home physical therapy is coordinated by our office for your convenience.
- 2** This service will not be covered if you have a Medicaid, Oscar, or Ambetter insurance plan.
- 3** The home therapy company will contact you prior to arrival. Their first visit with you, is 3-4 days after your surgery.

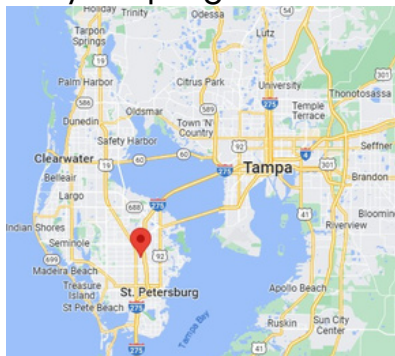
Outpatient Physical Therapy

- 1** Outpatient physical therapy is coordinated by you!
 - If your insurance does not cover home therapy, you must start outpatient physical therapy within 5-7 days of surgery.
 - If your insurance covers home therapy, you must start outpatient physical therapy by week 2 after surgery.
- 2** Referrals to physical therapy will be provided to you at your preoperative appointment.
- 3** It is highly encouraged that you attend one of our locations for physical therapy so that we may monitor your progress more closely:



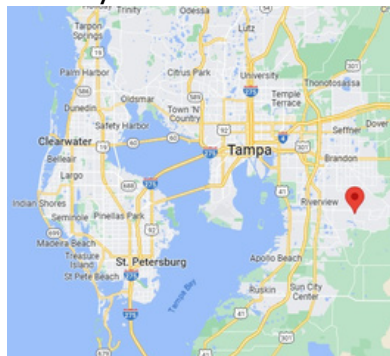
HEALTHPLEX

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

ALTERNATIVE OPTIONS:

- PT Solutions
- Select Physical Therapy
- Advanced Rehabilitation
- BayCare
- OPPT

**SCAN FOR MORE
INFO!**



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*.

It is normal for the exercises to be difficult or painful at first. This will improve with repetition.

#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.

