

SCHEDULING YOUR SURGERY  
MOST FREQUENTLY ASKED QUESTIONS

1. Where will my surgery be done?

Dr. Tarlow works at two different surgical facilities:

Arizona Orthopedic Surgical Hospital  
2905 Warner Rd.  
Chandler, AZ 85224  
480-603-9000

Scottsdale Healthcare Thompson Peak  
7400 E. Thompson Peak Parkway  
Scottsdale, AZ 85255  
480-324-7000

2. How is a location chosen?

The location of your surgery is dependant on several factors:

- a. Insurance Contracts
- b. Location/Convenience for the patient.
- c. Day of the week – Dr. Tarlow is scheduled at each facility on different days of the week based on Operating Room availability  
Monday at SHC Thompson Peak and Tuesday at AOSH.
- d. Medical co morbidities – AOSH is a specialty hospital and not suitable for patients with significant active disease (i.e. heart disease, unstable asthma, severe diabetes, etc.)

3. What do I need to do to prepare for my surgery?

Persons under the age of 50 who have no previous adverse health history and are on few to no medications will not be required to have any pre-operative testing.

Persons 50 years and over or persons under 50 years of age with a previous health history of high blood pressure, diabetes or heart disease or prescription medication use will require either a battery of screening lab tests (blood work, urinalysis, EKG and Chest X-ray) or a medical clearance from a primary care physician or specialist (e.g. cardiologist).

If you do not have an established primary care doctor we will arrange an appointment for you. Just let us know. Failure to comply with these

guidelines can result in the delay or cancellation of your surgery. These guidelines are for your safety, are required by the hospital and the anesthesiologist and may speed your recovery. Please schedule a pre-op appointment with Dr. Tarlow a week or two prior to your procedure to discuss your procedure in more detail and to answer questions (optional but encouraged). You may also contact the doctor using the “contact us” feature on the web site, [www.tarlowknee.com](http://www.tarlowknee.com).

#### 4. Should I discontinue taking any of my regular medications?

Do not take aspirin or anti-inflammatory drugs (Motrin, Advil, Aleve, NSAID prescriptions) or blood thinners (Plavix, Coumadin) or immunosuppressives (Methotrexate and other Rheumatoid arthritis meds) ten days prior to your surgery date unless otherwise instructed by Dr. Tarlow. Celebrex is okay to take prior to and the day of surgery. Do not take blood thinners or diabetic medicines the day of surgery. Do take all other prescription medications including pain medications with one ounce or less of water on the day of surgery. If you are unsure if the medication you are taking should be discontinued please contact our office (480-483-0393)

#### 5. Day of Surgery

DO NOT EAT OR DRINK after midnight on the day of your surgery. You may take your medications with 1 ounce of water.

Arrival should be 2 hours prior to the start time of your procedure. The start time will be confirmed with you prior to your surgery by way of a phone call from the surgery scheduler at Advanced Knee Care. The schedule is occasionally updated on short notice necessitating a change to the order of cases/surgery time.

#### 6. Who should accompany me to my surgery?

You will need someone to drive you to the hospital and drive you home after your procedure. You will not be able to drive yourself home from the hospital.

#### 7. What should I expect immediately after surgery?

After surgery you will be taken to the recovery room. Dr. Tarlow will meet with your family member to discuss your successful procedure. You will be

in the recovery room for 60-90 minutes and then either discharged home or transferred to your hospital room.

#### 8. What should I do after I arrive home?

Have your medications filled. Upon your arrival home you should get into bed. Elevate your knee for 24-72 hours as instructed on the procedure specific post op instructions. Begin a light liquid diet then proceed to a normal diet. Make sure you have eaten something such as soup or toast prior to taking any medication to prevent an upset stomach. Schedule your post op visit with Dr. Tarlow and schedule your physical therapy appointments.

#### 9. What is a CPM machine after Total Knee Replacement

CPM (Continuous Passive Motion) is a post-operative treatment method that is designed to aid recovery after knee surgery. In most patients after knee surgery, attempts at motion can cause pain. This immobility allows the tissue around the joint to become stiff and form scar tissue. By using a CPM to gradually move the joint, it is possible to aid recovery by decreasing soft tissue stiffness, increasing range of motion, promoting healing of the joint surface and soft tissue. The vendor who will supply the machine will contact you prior to your surgery. Call the vendor to arrange pick up of the machine from your home. Please note that pre certification for this equipment is handled by the vendor, therefore any questions relating to billing should be directed to the vendor's company.

Knee Arthroscopy and ACL reconstruction patients recover well without the CPM. Cartilage restoration surgery usually require CPM.

#### 10. Physical Therapy after surgery:

Physical therapy is helpful during the recovery process. Your physical therapy will be scheduled by you at a physical therapist recommended by Dr. Tarlow. Please remember to bring your physical therapy prescription with you to your first visit.

#### 11. When should I follow up with Dr. Tarlow?

Your first post operative appointment with Dr. Tarlow will be scheduled within 7-10 days. If you need to change any appointment please call our office @ 480-483-0393.