



ADVANCED KNEE CARE P.C.

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SCHEDULING YOUR SURGERY MOST FREQUENTLY ASKED QUESTIONS

Office Contact:

Rachael - Surgery Scheduler - Direct (480) 440-6532

Mishelle - Adjunct Surgery Scheduler - Direct (480) 440-6532

- 1) Where will my surgery be done? Dr. Tarlow works at three facilities. a. ASC (ambulatory surgery center) - **SurgCenter of Greater Phoenix**, 7231 E. Princess Blvd, Suite 100, Scottsdale. b. Hospital: **Scottsdale Liberty Hospital**, 17500 N Perimeter Dr, Scottsdale, AZ 85255 and c. Hospital **Honor Health Thompson Peak** 7400 E. Thompson Peak Parkway Scottsdale, AZ 85255

- 2) What do I need to do to prepare for my surgery? Persons (usually regardless of age) who have no previous adverse health history and few to no medications will not be required to have any pre-operative testing. Persons (usually regardless 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. 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.

- 3) Should I discontinue taking any of my regular medications-General Recommendations? Do not take aspirin or anti-inflammatory drugs (Motrin, Advil, Aleve, NSAID prescriptions) or blood thinners (Plavix, Coumadin). The exception is that SOME patients on Aspirin or Plavix prescribed by Cardiologist MAY continue to take either of these 2 medications. Methotrexate is okay to take but newer anti rheumatoid medications need to be stopped (check with your Rheumatologist). Celebrex and Mobic and Tylenol and Opioid Pain meds are usually 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)
- 4) 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. Rachael Direct (480) 440-6557 or Mishelle Direct (480) 440-6532.
- 5) Who should accompany me to my surgery? You will need a relative or friend 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.
- 6) 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.

- 7) What should I do after I arrive home? Have your medications filled. Upon your arrival home you should rest lying flat. 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. Expect a “check up” call from our office by the end of your first week home. Schedule your post op visit with Dr. Tarlow and schedule your physical therapy appointments.

- 8) What is VenaFlow Home Compression? For Joint Replacement patients. VenaFlow home sequential compression device helps to lower DVT risk during our patient's first 4 weeks at home. Patients have always been treated with pharmacologic agents at home for 14 days. With the VenaFlow Elite home program a second, highly effective method is added to the DVT prevention program. The fee is \$200 if not covered by you health insurance provider. These devices wrap around both lower legs and use rapid air inflation to move the blood out of the lower leg, minimizing blood clots. The VenaFlow device is used at rest (in bed or sitting for longer than 1 hour duration) for 4 weeks. No device is needed when walking normally. This is not routinely used after ligament surgery or knee arthroscopy procedures.

- 9) 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. Start the Monday after surgery.

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.

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