



ADVANCED KNEE CARE P.C.

Stefan D. Tarlow, M.D.

8630 E. Via De Ventura
Suite 201
Scottsdale, AZ 85258

3130 E. Baseline Rd.
Suite 101
Mesa, AZ 85204

T (480) 483-0393

F (480) 237-9473

tarlowknee@gmail.com

SCHEDULING YOUR SURGERY MOST FREQUENTLY ASKED QUESTIONS

- Rachael - Surgery Scheduler Direct (480) 440-6557
 - Mishelle - Adjunct Surgery Scheduler Direct (480) 440-6532
1. **Where will my surgery be done?** Dr. Tarlow performs surgery at three facilities. a. ASC (ambulatory surgery center) - *SurgCenter of Greater Phoenix*, 7231 E. Princess Blvd, Suite 100, Scottsdale. b. ASC/Hospital (hybrid facility): *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. Your preference and your insurance benefits will guide you to choose the optimal facility for your needs.
 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). 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. For pre-op questions call (see above) or email Rachael or Mishelle (tarlowknee@gmail.com), email Dr. Tarlow at (doctlow@gmail.com), or schedule an optional pre operative appointment with Dr. Tarlow a week or two prior to your procedure.
 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 SHOULD 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, Mobic and Tylenol are 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 with a sip 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 solids after midnight prior to surgery. Clear liquids are encouraged until 2 hours prior to surgery. **Stay Hydrated** on the day of your surgery by drinking electrolytes(e.g.gatorade), water, fruit juice (no pulp), carbonated beverages (non alcoholic), clear tea and black coffee. These fasting rules apply to healthy patients who are undergoing elective procedures.

5. You may take your medications with 1 ounce of water. Arrival should be 1.5-2 hours prior to the start time of your procedure. These times 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 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 or hire a ride sharing company.
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 rest lying flat. Elevate your knee for 24-72 hours . 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. Continue your VitaminD and Essential Amino Acids for 2 weeks. Expect a “check up” call from our office on Thursday of your first week home-please answer! Confirm your post op visit with Dr. Tarlow and schedule your physical therapy appointments. Stay home for 3 days, then “Activities As Tolerated”.
9. **What is VenaFlow Home Compression?** For Joint Replacement patients. VenaFlow home sequential compression device helps to lower DVT risk during our patient's first 3 weeks at home. Patients have always been treated with pharmacologic agents at home for 21 days. With the VenaFlow Elite home program a second, highly effective method is added to the DVT prevention program. 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 3 weeks. No device is needed when walking normally. This is not routinely used after ligament surgery or knee arthroscopy procedures.
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. Start the Monday after surgery.
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.

■ Office Contact:

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