



Advanced Knee Care, PC

A division of Integrated Orthopedics

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SCHEDULING YOUR SURGERY MOST FREQUENTLY ASKED QUESTIONS

- Mishelle - Surgery Scheduler Direct (480) 440-6557
- 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. and b. ASC (ambulatory surgery center): Integrated Surgical Services, 13215 N 7th St Suite 100, Phoenix, AZ 85022 and c. Hospital- Scottsdale Abrazo, 3929 E Bell Rd, Phoenix, AZ 85032. 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 under 60) who have a healthy medical history /few 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/heart disease/prescription medication use will require either a battery of screening lab tests (blood work, urinalysis, EKG) 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 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 are to Optimize your nutritional health. Multivitamin/500mg Vitamin C daily and 2 capsules Essential amino acids and 800-5000 IU VitD3 one week prior and 2 weeks after surgery aids healing. Stop taking these medicines 10 days prior to your surgery: aspirin/anti-inflammatory drugs (e.g. Aspirin, 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

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newer anti rheumatoid medications need to be stopped 2 weeks prior to surgery (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 not take some anti-HTN medications including ACE inhibitors-lisinopril, etc. and angiotensin receptor blockers (ARBs) - losartan, etc. 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. Regular Meds Day of Surgery- except as listed in #4 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 Mishelle 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? Your medications will be electronically transmitted to your pharmacy of choice. 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.

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- 9. VenaFlowPro and Knee Brace +? For Joint Replacement patients. VenaPro home sequential compression device helps to lower DVT (blood clot) risk during our patient's first 3 weeks at home.. 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 VenaPro device is used at rest (in bed or sitting for longer than 2 hour duration) for 3 weeks. No device is needed when walking normally. This is not routinely used after ligament surgery or knee arthroscopy procedures. For Joint Replacement and ligament surgery patients a knee brace is used for pain reduction, to limit knee swelling, to protect the knee in the early post operative period and to decrease the risk of knee buckle/falling. **BRING** the brace to the facility on your surgery day (if your equipment was provided in advance of your surgery). NMES (optional) is a neuromuscular electrical stimulator used to improve leg strength and walking speed after knee joint replacement surgery. It may help to diminish post op leg pain.
- 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. Direct (480) 440-6557 Mishelle - Surgery Scheduler / Medical Assistant.