

Preparing for surgery

- 1) Your coach, a family member or friend will accompany and stay with you during your time at the hospital.
- 2) Most patients will be able to go home on the day of surgery or after a one-night stay. Your coach, family member or friend will bring you home or to a local hotel after surgery.
- 3) This person/people should stay with you the first night or two after discharge.
- 4) Allow yourself adequate time for your recovery. It is important that you set aside the time to ensure the best outcome possible.
- 5) For home safety remove things that could present a fall risk, i.e., area rugs and small, low height pieces of furniture.
- 6) If you are a pet owner, have someone available to care for them for the early phases of your recovery.
- 7) You cannot drive while taking narcotic pain medication. Oxycodone, hydrocodone and codeine are narcotics. You may need to arrange for transportation to your initial follow up visit.
- 8) Your first follow up will be approximately 1 week after surgery. If you live out of town this visit will be customized to your needs. Regular follow-up appointments are at 2 months, 6 months and 1 year. We have the capability to do some of these appointments virtually via computer.
- 9) Anticipate being asked to participate in research surveys before and after surgery. We appreciate your cooperation. These brief questionnaires can be very helpful in tracking your outcome as well as potential future patients undergoing similar procedures.
- 10) Prior to surgery we recommend performing your exercises and optimizing your diet to help get the best outcome possible.
- 11) Smoking cessation is mandatory to prevent complications. If you are a smoker we can direct you to a program to help you quit before surgery.