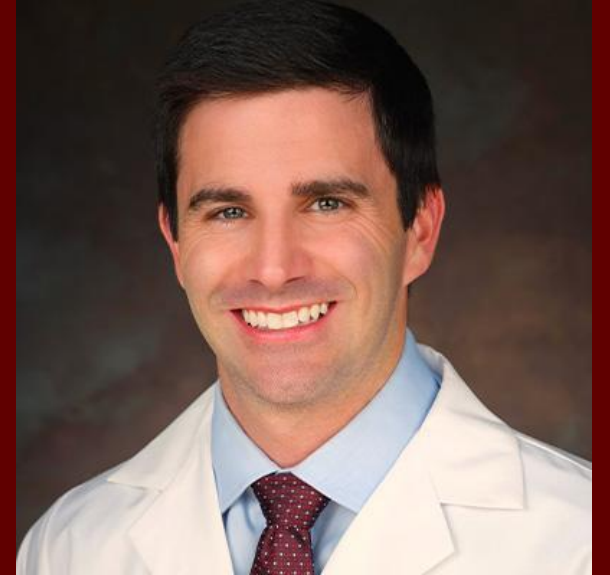


Dr. Burrow's Pre-Operative Hip Replacement Information

Oklahoma Surgical Hospital



General information can also be found at:
[Total Hip Replacement - OrthoInfo – AAOS](#)
[Total Hip Replacement - AAHKS](#)

Timeline for Surgery

1. Initial evaluation. Is surgery a possible solution and what can be optimized for a good result?

2. Patient tasks:

- Schedule surgery
- Obtain medical clearances
- Start pre-op exercises

3. Patient tasks:

- Complete pre-admission testing

4. Patient tasks:

- Preop with Dr. Burrow
- Fill prescriptions. Ask family member or friend to pick up on the day of surgery
- prepare home
- Confirm surgery check-on time

5. Surgery

6. home care, recovery and nursing

7. In clinic first post op appointment

8. Start outpatient physical therapy visits.

PRE-OP PATIENT LETTER

- Here is the information regarding your upcoming surgery with Dr. Burrow. Please review the following information and call us with any questions or concerns.

Pre-op date : _____

SURGERY DATE: _____

Home Health visit, 2-21 days _____

- staple removal, 10-14 days post-op _____

1st in-clinic post-op appointment, 3-4 weeks _____

2nd in-clinic post-op appointment: _____

- 6 weeks for knees _____

- as needed for hips _____

Location:

__Oklahoma Surgical Hospital
2408 E. 81st St., Tulsa OK, 74137
T: 918-477-5000

__Saint Francis Hospital- MAIN:
6161 S. Yale Ave., Tulsa, OK, 74136
T: 918-494-2200

__Ascension Saint John Broken Arrow
1000 W. Boise Circle, Broken Arrow OK 74012
T:918-994-8139

Day of Surgery Instructions 1/2

1. **Do NOT eat or drink** anything after midnight the night before surgery unless instructed to by your anesthesiologist
2. Have a friend or family member available to take you to the hospital on the day of surgery and pick you up the day after surgery.
3. Leave all valuables at home including jewelry.
4. Wear clothes that are loose, comfortable and easy to take off and put on.
5. If you wear contact lenses or dentures, please bring a container in which to put them.
6. Do not wear eye makeup, or nail polish.

Day of Surgery Instructions 2/2

1. Bring all medications that you take and medication allergies.
2. If you have **diabetes**, please **check your blood sugar** the morning of surgery and bring your glucometer and insulin with you
3. If you have asthma, please bring your inhaler with you.
4. DO NOT take any Aspirin or Aspirin based products one week prior to surgery unless instructed by physician
 - Examples: Advil, Anacin, Motrin, Aleve, Naprosyn, Ibuprofen, Ecotrin
5. Stop vitamins and supplements 1 week prior to surgery.
6. Bring photo ID and Insurance card(s) the day of surgery for the business office.

Surgery Questions

We understand that scheduling surgery can be an information overload. We have created a list of contacts for you to have if there are any questions or concerns.

Communication regarding surgery can come from multiple departments in and outside of Advanced Orthopedics. Please try to answer your phone and/or listen to voicemail messages giving further information.

Surgery Scheduling Department 918-927-3301

The scheduler will discuss with you dates for surgery and schedule the surgery date, pre-op with your doctor at AOOK and the Pre-Admission Testing at the hospital.

They will also schedule your post-op appointment.

When to call your surgery scheduler:

- If you have questions about date and/or time of pre-op or post-op appointment
 - PLEASE NOTE: your surgery scheduler will call you the business day before your surgery to confirm your surgery time and further instructions.
- If you need to reschedule or cancel your surgery or post-op appointment call the surgery scheduler at 918-927-3301. If you have a medical question reach out to the clinic via patient portal or call the triage line at 918-927-3240.

Surgery Questions part two

- Doctor/Clinic: 918-494-2665 ask for your physician's triage line.
- Please leave a message for the Clinic Assistant. They will return your call as soon as possible.
- If it is an emergency, ask to talk to the assistant on-call.
- When to call your doctor's assistant:
- If you have questions about your medical / cardiac clearances
- If you have questions regarding your postop medications
- If you have questions about your postop dressing
- If you have questions about returning to work
- If you have questions about physical therapy
- If you are having issues with your postop splint/cast
- Bracing: 918-494-2665
- When to call the brace shop / cast room: 918-494-2665 ask for Brace Shop
- If you are a week out from surgery and have not had a call regarding your bracing.
- If you have questions / issues regarding your postop DME/bracing
- If you are having issues with your bone stimulator / ice machine
- **Emergencies: Call 918-494-2665 for the provider on-call or 911.**
- If you are experiencing chest pain / shortness of breath
- If you are unable to get your pain under control and it is after working hours

Pre-Admission Department at Hospital:

Oklahoma Surgical Hospital: 918-477-5073

Saint Francis Hospital: 918-494-1960

Saint John's Broken Arrow Hospital: 918-994-8045

Saint John's Jenks Hospital: 918-528-7845

Saint John's Owasso Hospital: 918-274-5030

Memorial Surgery Center: 918-252-5114

When to call the hospital / PAT:

If you have questions about medications prior to surgery.

Billing Department: 918-927-3737

The billing department will be reaching out via phone call, text message, or email to notify you of any surgery deposit required.

Surgery deposits should be paid or payment arrangements made within 3 days of your surgery date.

If you have billing related questions, please contact the office using the number above.

Things to do before surgery

___ **Get Labs.** When you, the patient, schedule surgery, the following labs are taken for screening purposes: CBC with Diff, CMP, HgbA1c. Dr. Burrows will review the labs to determine if any additional action may be needed. Then, at the pre-op visit at the hospital – additional labs will be taken.

___ **Surgical Clearance.** Obtain preoperative clearance from your primary care provider.

___ **Cardiac Clearance:** If you have a history of heart problems (A-fib, MI, Stents), stroke or blood thinner, you may need additional cardiac clearance. Make an appointment with Christopher Higgins, MD cardiologist by calling 918-496- 8499 or your current cardiologist and get cardiac clearance.

Surgery can be cancelled at the last minute if appropriate clearance has not been obtained .

___ **Pre-op Exercises:** Start preoperative exercises prior to surgery. Refer to page 22-25 for detailed instructions.

___ **Dental Work:** Visit your dentist for regular care within 6 months prior to surgery if not seen in the last year. Please avoid routine dental work for 3 months after surgery, unless considered a dental emergency if so call to get antibiotics.

___ **Pharmacy Information.** Provide us with your pharmacy information: _____

___ **Pick up postoperative medications at the AOOK pharmacy on day of surgery** (ask family member or friend).

Prepare your home for your return

- Prepare meals ahead of time.
- Have an armchair with a firm cushion. Avoid low couches or chairs. Prepare a comfortable rest area with tissues, phone, TV remote, etc.
- Plan to keep a cell phone with you at all times.
- Have footwear with non-skid soles.
- Put night lights in bathroom and dark areas.
- Place non-skid surfaces (strips, etc.) in showers and tubs.
- Make sure all your prescription and over-the-counter medications are well stocked.
- Arrange for pet care, if needed.
- Remove all throw rugs, loose carpets, or cords that could cause accidents.
- Tables and chairs may need to be rearranged. If you will be using a walker, attach a sturdy bag or a small basket to it to hold your phone, a notepad, a pen, and any other things you will need to have close by. You can also use a fanny pack.

PREOPERATIVE SURGICAL SITE CLEANING PREPARATION 1/2

- To aide in preventing a post-operative surgical site infection, you will be provided with a hospital grade antibacterial soap to use daily starting four days prior to surgery. Do not use the soap if you have an allergy or sensitivity to Chlorhexidine gluconate, and do not use your normal antibacterial soap.
- 1. Shower daily beginning:
 - a. Four Days Prior to Surgery
 - i. Wash your hair, face, ears, and genitals with your regular shampoo and soap.
 - ii. Daily use a clean washcloth and antibacterial soap to wash all your skin from the neck to the toes, paying special attention to the area where you are having surgery, but DO NOT USE on genitals. Make sure to wash between any folds of skin including under your breasts and between fingers and toes.
 - iii. Leave antibacterial soap on for two minutes then rinse off. Do not “scrub” the surgery site, just wash it thoroughly.
 - b. On the Day of Surgery
 - Repeat above i. – iii. Instructions.
 - Reapply the antibacterial soap and leave on for another two minutes then rinse off completely again.

PREOPERATIVE SURGICAL SITE CLEANING PREPARATION 2/2

- 2. Dry your skin with a fresh, clean, dry towel after each daily shower.
- 3. Put fresh clean sheets on your bed when you start using the antibacterial soap, and then again, the morning before your surgery. DO NOT LET YOUR PETS on or in bed after applying clean sheets.
- 4. Wear clean clothes after each shower and wear clean clothes on the day of the surgery.
- 5. Do not shave near your surgical site 48-72 hours before your surgery. Do not shave any part of your body 24 hours before surgery. Any cut or nick on your body may result in surgery cancellation.
- 6. On the day of surgery do not wear contact lenses, hairspray, hair products, lotions, powders, makeup, cologne, perfume, or deodorant after you shower. Remove all nail polish and do not wear any jewelry to the hospital. Dry your hair before coming to the hospital on the day of surgery.
- 7. Nasal Decolonization – For use in the nose only. If you are MRSA positive, you will have decolonization protocol on the day of surgery at the hospital. This will include an iodine nasal swab.

Pre-Operative Hip Exercises

1. Straight Leg Raise – 1x/day x 10 repetitions (hold ~2 sec)

- While lying on your back, raise up your leg keeping your straight knee.
- May be difficult to lift foot completely from the surface at first – this is OK. Keep trying

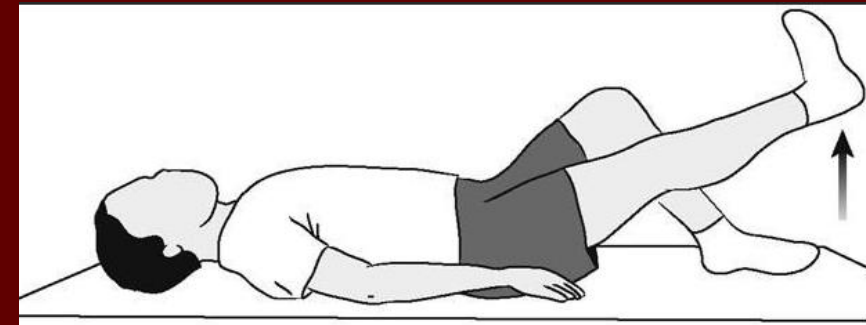
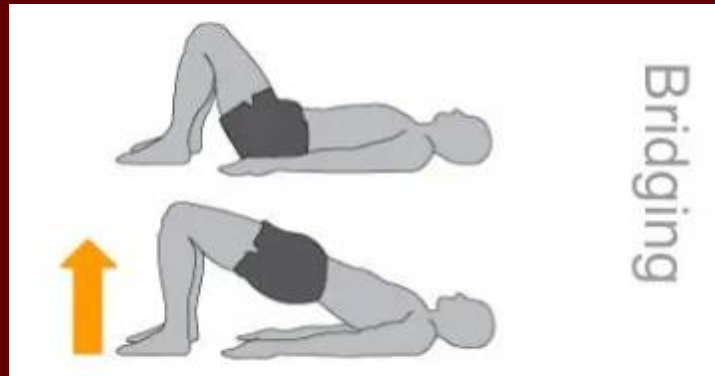
2. Bridging – 1x/day x 20 repetitions (hold ~2 sec)

- While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

3. Hip Flexor Stretch - 2x/day x 4 repetitions (hold ~15 sec)

**** ATTENTION: DO NOT DO AFTER SURGERY! ****

- While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh



Nutrition 1/2

- Current peri-operative diet recommendations to help improve recovery and prevent complications.
- Avoid highly processed foods before and after surgery. These foods include things like macaroni and cheese, French fries, chicken nuggets, crackers, potato chips, canned vegetables, salami or any other deli meats, sausage, bacon, canned fruit, fast food hamburgers, etc. If you are on a specific diet then you should continue to follow that.
- HYDRATION - water, green tea, black tea, chai tea, hibiscus tea, chamomile tea, one cup of coffee. Aim for five 12 oz. servings per day. No alcohol
- The following foods are recommended 2 weeks before surgery
- and 6 weeks after surgery:

Nutrition 2/2

- 1. Berries: Acai berries, blackberries, raspberries, BLUEBERRIES, cherries (tart or sweet), concord grapes, goji berries, strawberries, kumquats, cranberries. Frozen are nearly equivalent of fresh. Aim for 1-3 servings per day. These berries have a high anti-inflammatory effect.
- 2. Fruits: apples, dried apricots, avocado, banana, cantaloupe, clementines, dried figs, grapefruit, honeydew, kiwifruit, lemons, limes, mango, nectarines, oranges, papaya, passion fruit, peaches, pears, pineapple, plum (especially black), pomegranate, prunes, tangerines, watermelon. 1-2 servings per day.
- 3. Beans: chickpeas (and hummus), peas, split peas, lentils, green beans, edamame, pintos, navy beans, kidney beans, etc.
- 4. Whole grains: oatmeal, barley, brown rice, buckwheat, quinoa, rye, whole wheat pasta, wild rice, multigrain bread 3 servings per day.
- 5. Cruciferous vegetables: BROCCOLI, bok choy, brussel sprouts, cabbage, cauliflower, KALE, radishes, collard greens. Broccoli and kale are the best. If you are not eating the broccoli raw, cut it up into pieces and WAIT to cook it for 40 minutes to allow it to retain its health benefits. 1-2 servings per day.
- 6. Greens: rocket, spinach, swiss chard, mesclun mix, kale. 2 servings per day.
- 7. Other vegetables: artichokes, asparagus, beets, peppers, carrots, sweetcorn, garlic, mushrooms, okra, onions, purple potatoes, pumpkin, snap peas, squash, sweet potatoes/yams, tomatoes. 2 servings per day. SWEET POTATOES reduce inflammation. They are a superfood. Eat the skin ideally.
- 8. Nuts: WALNUTS, brazil nuts, cashews, chia seeds, hazelnuts, macadamia nuts, pecans, pumpkin seeds, sesame seeds, sunflower seeds. 1 serving per day. Walnuts appear to be the best in the group.
- 9. Spices: allspice, basil, bay leaves, cardamom, cayenne pepper, chili powder, cinnamon, cloves, coriander, cumin, curry powder, dill, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, TURMERIC, vanilla.

Medications



Remember to pick up your prescriptions and Over-the-Counter medications for your post operative care.

- If you're receiving Spinal Anesthetics, blood thinners should not be taken for the following time periods:
 - Pradaxa - 5 days
 - Eliquis - 3 days
 - --
- Pick up your prescription and over-the-counter medications prior to surgery: **Prescription medications:** ___ Celebrex or Mobic (NSAIDs)
- ___ Gabapentin (non-narcotic pain medication)
- ___ Journavx
- ___ Hydrocodone, Oxycodone or Tramadol (narcotics)
- ___ Xarelto, Coumadin, or Eliquis (blood clot prevention)
- ___ Cefadroxil, Clindamycin or Bactrim (antibiotics)
- ___ TXA
- **Over-the counter medications:** ___ Tylenol/acetaminophen
- ___ Aspirin (blood clot prevention)
- ___ Stool softeners/laxatives (constipation prevention)
- ___ Prevacid (heartburn prevention)
- ___ Other: _____

Blood Thinner and GLP-1 info

If you're receiving Spinal Anesthetics, blood thinners should be held for certain time periods.

The most common are listed below:

- Pradaxa - 5 days • Xarelto - 3 days • Plavix - 7 days
- Eliquis - 3 days • Brilinta - 7 days • Effient - 10 day

GLP-1 Medication information

GLP1 medications need to be held before elective surgery due to their delay in gastric emptying.

- Injectable GLP1 medications should be held for 7 days prior to surgery
- Oral GLP1 medications should be held prior to surgery.
- All other medications should be discussed with anesthesia at Pre-Admission Testing appointment with the hospital.

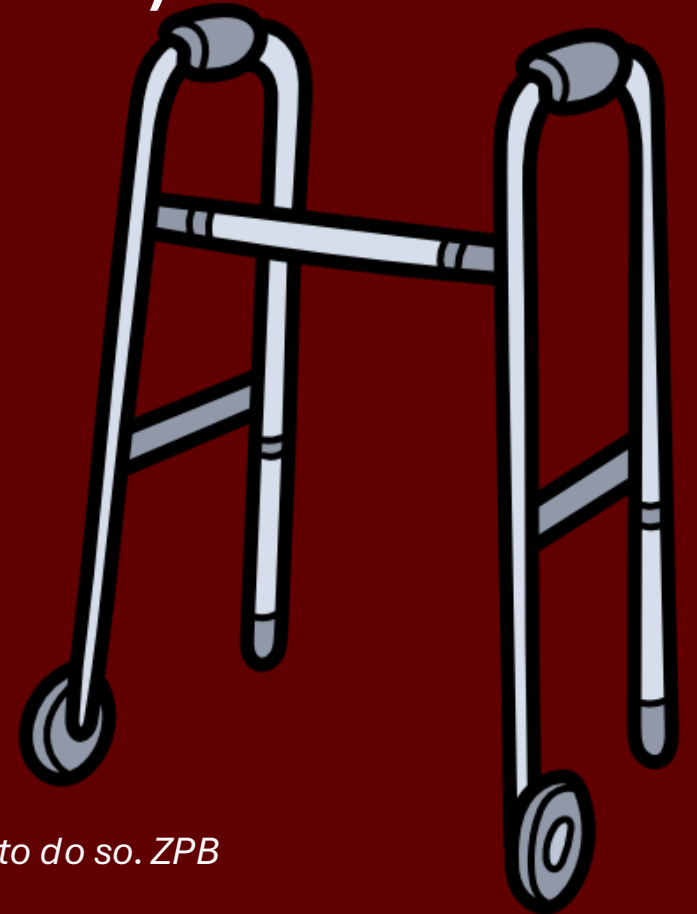
What Can You Expect After Surgery?

Immediately After Surgery (Hospital Stay or Outpatient)

- **Pain and swelling** in the operated leg
- **Medications** for pain and blood clot prevention
- **A bandage and dressing** on the hip
- **A physical therapist** will help you:
 - Start basic exercise within 24 hours
 - Begin walking with a walker
- **Length of stay:** Typically, 1 night
 - Some patients go home same day
 - Some patients require longer hospital stay

• *God Bless your recovery!*

• *I have already prayed for you during your surgery and will continue to do so. ZPB*



What Can You Expect After Surgery?

At Home: First Few Weeks

- Use a walker and transition to a cane
- We will try to get home health physical therapy to visit you at your house
- Pain (managed with medications and ice)
- Bruising and Swelling that improves slowly over weeks
- Daily home exercises with physical therapy and use of MyMobility App
- Help with daily tasks (cooking, bathing, etc.) for the first 1–2 weeks
- **Activity Goals:**
 - Walk short distances several times a day
 - Gradually climb stairs