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**Case Manager:** Rachel Bargellini, LMSW (516) 520-2711

## Pre-Op Education

### WHAT YOU NEED TO DO IN PREPARATION FOR SURGERY

**1. INSURANCE BENEFITS AND PATIENT RESPONSIBILITY:** You should be aware of your benefit coverage, authorization requirements and costs share information such as deductibles, co-insurance, and co pays. If you are not familiar with you plan coverage, we recommend you contact your carrier directly. It is your responsibility to verify with your insurance if any of the following items are covered after the surgery:

- Physical therapy
- Home care services
- Pain medications used after surgery: Celebrex, Tylenol, and Oxycodone
- Durable Medical Equipment (DME): walker, cane, raised toilet seat, etc.

**2. MEDICATIONS:** Please ensure you tell your healthcare provider any drugs that you are currently taking including herbal supplements. Fish oils, anti-inflammatory medications and nutritional supplements (vitamins, minerals, iron, and calcium) should be discontinued 2 weeks prior to surgery.

**3. HOME PREPARATIONS:** Prepare your home in advance of your surgery by doing the following:

- Clear your house of obstacles and remove any throw rugs, cords and wires for safe walking.
- Widen pathways to accommodate the width of a rolling walker.
- Move things you might need to areas where you can reach them easily.
- Prepare and freeze nutritious meals to simplify cooking.
- Plan easy meals in advance.
- Organize your kitchen so that supplies are at shoulder or waist level to avoid excessive lifting, bending or reaching.
- Prepare a room downstairs if you live in a two-story house.
- Have a firm chair with armrests and good height available.
- Arrange for help from a friend or family member to assist with housekeeping, shopping or driving.
- Be cautious of small pets who could trip you.

### 4. APPOINTMENTS PRIOR TO SURGERY

• **Pre-testing:** It is mandatory that you go to your pre-surgical testing (PST) appointment. Our office will schedule your PST appointment, where labwork and any necessary preoperative imaging studies will take place. Please contact your Primary Care Physician (PCP) to schedule your medical clearance appointment immediately following your appointment with your Surgeon. Your general health and other medical conditions must be assessed with lab results for a letter of medical clearance from your physician(s) for surgery.

• **Radiology:** If your surgeon requires a preoperative CT scan for your surgery it will be performed at St. Joseph's Hospital. An appointment will be set for you to get your CT scan during your PST appointment. If you need to schedule an alternative time to get your CT scan done, it must be done within 8 weeks of surgery.

• **Total Joints Class:** When you are scheduled for your surgery you will be contacted by case management to schedule your attendance for your Total Joints Class. The class is a virtual session to help educate you on what to expect for before, during, and after your hospital stay. The class will only require one hour of your time and attendance is mandatory.

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**5. REHABILITATION:** Practice using a cane, walker, or wheelchair. As part of the preparation for your surgery, we recommend that you start performing some at-home exercises that can help make your surgery a success. The American Association of Hip & Knee Surgeons has developed videos you can watch. These videos show you how to strengthen and stretching your muscles before surgery and to familiarize yourself with exercises you can do after surgery.

- <https://hipknee.aahks.org/preparing-for-joint-replacement-surgery-at-home-exercises/>
- <https://hipknee.aahks.org/stretching-exercises-video/>

**6. FAMILY AND MEDICAL LEAVE ACT (FMLA) AND SHORT-TERM DISABILITY:** Before submitting, please gather all documents listed below:

- FMLA or short-term disability form(s)
- Your official job description. This is provided by your employer/Human Resources department
- Specific dates you are requesting to be off of work. Your surgical date is considered “start date”
- Fax or email all requests, including all of the above documents, to our surgical coordinator
- All forms will be completed in 7-10 business days

**7. CASE MANAGER:** You may wish to review and plan your post-hospital care with Case Management Services before admission. Their role is to assist with the details of your discharge plan, including home health care referrals, skilled nursing facility or rehabilitation transfers, walker, etc. This will offer you and your family the opportunity for assistance before you are admitted for surgery.

**8. CANCELLATION POLICY:** rescheduling the procedure is labor intensive. It may require obtaining new insurance authorizations, anesthesia orders and pre-operative information again and possibly repeated. If you must cancel or reschedule your surgery, we request a notice of 5 business days.