

# A Patient's Guide to Pre-Op Preparation for Hip Arthroscopy

## **Q: "I'm scheduled for a hip arthroscopy, now what?"**

**A:** Once you've met with Dr. Wright and decided to proceed with a Hip Arthroscopy, you will then need to go through a checklist of things to do prior to your surgery.

1. You will meet with Dr. Wright's Physician Assistant who will go over and have you sign your surgical consent form, go over all your instructions for your upcoming surgery (diet, medications, etc), explain to you the pre-operative testing that will need done, and answer any questions you may have. We will also have you fitted and trained on crutches if you've never been on them before, since you will need them for 3-4 weeks after your surgery.
2. You will meet with one of our Research Fellows who will explain to you the research project we are performing and he/she will have you fill out a questionnaire if you agree to participate.
3. Finally, you will meet with a representative of the brace company we use. He/she will take measurements to allow us to have a proper fitting brace for you on the day of your procedure, as well as have you sign a form to allow us to bill your insurance company for the brace.

## **Q: "What kind of testing will need to be done?"**

**A:** All patients, regardless of age, will need to have a history and physical examination done, as well as routine blood work to make sure your blood is not too "thick" or too "thin." Depending on your age, social history (smoker, etc), medical history (high blood pressure, diabetes, etc), and current medications (birth control, hormone replacement, blood thinners, etc), you may require additional testing to be done. This may include a chest x-ray, EKG (for your heart rhythm), or additional blood work. Some patients may need to see their family doctor to get "medical clearance" to safely undergo this surgical procedure and some patients may also need to meet with someone from the anesthesiology department. These tests need to be done approximately 2-3 weeks prior to your scheduled procedure.

Keep in mind that, although this testing may seem like a hassle to you, the purpose is to make sure you are a safe candidate to undergo elective, outpatient surgery for the best possible outcome. Also keep in mind that, despite all this testing, there are risks and complications that are possible with any surgical procedures. Our goal is to minimize those risks to the best of our ability.

## **Q: What special instructions are needed leading up to the surgery date?**

**A:** Some of the key instructions to keep in mind leading up to your surgery date include:

1. Stopping all use of Aspirin or Anti-Inflammatory medicines 7-10 days prior to surgery. These include Motrin, Ibuprofen, Aleve, Advil. All these medications "thin" your blood and increase your risk of bleeding during and after the procedure.

**If you are currently taking aspirin because your family doctor has put you on it for health reasons, such as heart problems, please check with your doctor first before stopping this to see if they approve.**

2. Stopping any use of alcohol or tobacco at least 24 hours before your surgery date.
3. You are not permitted to eat or drink **ANYTHING** after midnight the night before your surgery. This includes gum, candy, water, mints, ice chips, popsicles, etc. Having anything in your stomach at the time of surgery will need us to cancel and re-schedule your procedure. Serious lung complications may occur if you get sick while under anesthesia and any of your stomach contents (food/liquid) get into your lungs.
  - a. Certain medications will be allowed the morning of surgery with a SIP of water (i.e. High Blood Pressure medications)
4. If you wear glasses and/or contact lenses, be sure **not** to wear your contacts the day of surgery. Glasses are recommended.
5. You will not be permitted to drive after surgery, so you will need a responsible adult with you to drive you home from the surgery center.
6. The surgery center will call you the day before your scheduled surgery to go over all your instructions again with you and to give you the time of your surgery as well as what time you need to arrive for the procedure.