

INSTRUCTIONS FOR SURGERY

In order to make your admission and hospital stay smooth and more pleasant, please comply with the following instructions:

- ☐ If your surgery is at **NYU Langone Orthopedic Hospital (17th St)**, please report to:

NYU Langone Orthopedic Hospital
301 East 17th Street
New York, NY 10003

If indicated by your physician, schedule your pre-surgical testing, located at

303 2nd Avenue, 1st Floor Suite 16
New York, NY 10003

- ☐ If your surgery is at the **Outpatient Surgery Center (38th St)**, please report to:

NYU Langone Outpatient Surgery Center
339 East 38th Street
New York, NY 10016

If indicated by your physician, please call 212-263-5985 to schedule pre-surgical testing, located at:

240 East 38th St.
New York, NY 10016
Mezzanine Level

- ☐ If your surgery is at **Essex Crossing (Delancey St)** please report to:

Joan H. & Preston Robert Tisch Center at Essex Crossing
171 Delancey Street, 1st Floor
New York, NY 10002

If indicated by your physician, please call 212-263-5985 to schedule pre-surgical testing, located at:

240 East 38th St.
New York, NY 10016
Mezzanine Level

- ☐ If your surgery is at **Kimmel Pavilion (pediatric patients below age 14)** please report to:

Kimmel Pavilion
424 East 34th St, 4th floor
New York, NY 10016

If indicated by your physician, please call 212-263-5985 to schedule pre-surgical testing, located at:

240 East 38th St.
New York, NY 10016
Mezzanine Level

***One business day prior to your surgery, hospital staff will contact you to finalize your surgery time.**

- A. Bring jogging/warm-up pants, shorts/skirt if having knee surgery.
- B. Bring a shirt/blouse that buttons open in front instead of a pullover if having shoulder/elbow surgery.
- C. If you own crutches, bring them with you, if having knee, ankle or hip surgery.
- D. Bring all medications or a list of current medications you are taking with you. Also bring a list of any allergies.
- E. Blood pressure medication should be taken as usual with a sip of water the morning of surgery. **DO NOT** take a diuretic or fluid pill. Seizure medications may be taken before surgery.
- F. **DO NOT** take oral diabetes medications (pills) the night before or the day of surgery. If you are on insulin, **DO NOT** use insulin the morning of surgery unless you are a "problem diabetic" in which case you need to consult your physician regarding the proper insulin dose for you to use prior to surgery.
- G. Please **DO NOT** wear makeup or nail polish the day of surgery. You will need to remove contact lens (including extended wear), denture, or bridges prior to surgery. Please bring your own containers for storage.
- H. Leave all jewelry and valuables at home. The hospital will not take responsibility for lost or missing items.
- I. You need to report any skin irritation, fever, cold, etc., to Dr. Jazrawi.
- J. You will need to bring your insurance card/information with you.
- K. **DO NOT** eat, drink (including water), chew gum, candy, smoke cigarettes, cigars, use smokeless tobacco, etc., after midnight the night before surgery or the morning of your surgery. The only exception is a sip of water to take necessary medications the morning of surgery.
- L. You must arrange someone to drive you home when ready to leave the hospital. You will not be allowed to drive yourself home after surgery. We can assist you if you need transportation to the airport or hotel, however, you need to let us know in advance (if possible) so we can make the arrangement.
- M. NOTE: **DO NOT** take any aspirin, aspirin products, anti-inflammatories, Coumadin or Plavix at least 5 days prior to surgery. You are allowed to take Celebrex up to your day of surgery. If your medical doctor or cardiologist has you on any of the above medications. Please check with him/her before discontinuing the medication. You may also take Tylenol or Extra-Strength Tylenol if needed.

Nonsteroidal Anti-Inflammatory (Arthritis) Medications:

Some of the most common names for frequently used NSAID's include: Motrin, Indocin, Nalfon, Naprosyn, Naprelan, Arthrotec, Tolectin, Feledene, Voltaren, Clinoril, Dolobid, Lodine, Relafen, Daypro, Advil, Aleve, Ibuprofen.

Your first follow up appointment is usually scheduled for approximately 2 weeks after your surgery at the 333 East 38th street office. The date and time of your follow-up is _____.

If you cannot make this appointment or need to change the time, please contact the office.

If you have any questions regarding your surgery, please contact the office at 646-501-7223 option 4, option 2 or via the internet at www.newyorkortho.com

Home Supplies For Your Surgery

Laith M Jazrawi, MD

Open Surgery

- A. **Open knee surgery** (ACL reconstructions, ALL (Anterolateral ligament) reconstructions, Autologous Chondrocyte Implantation, PCL reconstructions, High tibial osteotomy, Distal femoral osteotomy, Posterolateral corner reconstruction, MCL reconstruction, OATS (osteochondral autograft), Osteochondral allograft,)
 - a. You will need 4x4 (or similar size) waterproof bandages for fourteen days. **Bandage changes for open knee surgery done post-op day #3.**
- B. **Open shoulder surgery**, (Biceps Tenodesis, Latarjet, Open capsulorrhaphy, Glenoid reconstruction using Distal tibial allograft):
 - a. You will need 4x4 (or similar size) waterproof bandages for fourteen days. Also, a box of **Bandage changes for open shoulder surgery are done post-op day #3.**
- C. **Open Ankle Surgery** (Achilles Tendon Repair, Os Trigonum Excision, Ankle OCD, Modified Brostrom-Gould Procedure, Peroneus Longus/Brevis Repair)- You do not have to worry about dressing changes as your leg will be in splint/cast for the first two weeks
- D. **Open Elbow surgery** (Distal Biceps Repair, LCL Reconstruction, Radial Head or Capitellum ORIF, Radial Head Replacement/Resection, Triceps Repair, UCL Reconstruction – Tommy John Surgery)- You do not have to worry about dressing changes as your arm will be in splint/cast for the first two weeks. **For Tennis Elbow surgery (lateral epicondylitis) and Golfer's Elbow Surgery (medial epicondylitis), dressing changes are started on post-op day #3.** You will need 4x4 (or similar size) waterproof bandages for fourteen days.
- E. **Hamstring repair** You will have a special dressing placed on at the time of surgery that will be kept on for the first 2 weeks after surgery. You will then need 4x4 (or similar size) Tegaderm or Telfa waterproof dressings. Also, a box of 4" by 4" gauze sponges if there is bleeding at the incision site.

Arthroscopic Surgery

- A. For Arthroscopic shoulder, elbow, knee, or ankle surgery:
 - a. Regular adhesive bandages ("Band-aids") can be used for arthroscopic portals x 2 weeks.
 - b. **If biceps tenodesis was performed, use 4x4 (or similar size) waterproof bandages on wounds.**
 - c. **In general, dressing changes for arthroscopy are done on post operative day 3**

CPM (Continuous Passive Motion) Machine

- A. A machine that slowly and gently flexes and extends your knee to prevent post-operative stiffness.
- B. If CPM use is prescribed, a machine will be delivered to your home by East Coast Orthotics. Their technician will instruct you on usage.
- C. CPM is to start 3 days after surgery. First week 0-30 degrees. 2 hour sessions, 3 times per day.
 - a. Second week – Increase by 15 degrees. 0-45 degrees.
 - b. Third week – Increase by 15 degrees. 0-60 degrees.
 - c. Fourth week. Increase by 30- degrees. 0-90 degrees.
- D. For any issues with the machinery, please call East Coast Orthotics at (347) 389-1755
- E. If you had a patellofemoral cartilage transplant do not increase CPM beyond 45 degrees of flexion.

Post-Operative Medication Administration

Knee Arthroscopy

- Pain: Ultram (Tramadol) 50 mg; One tablet every 6 hours as needed for pain
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Ultram (Tramadol)

Meniscal Repair, Meniscal Root Repair

- Pain: Percocet (Oxycodone/Acetaminophen) 10/325; 1-2 tablets every 4-6 hours as needed*
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Percocet
- Constipation: Docusate (Colace) 100mg; 1 tab three times a day as needed
- DVT prophylaxis: Aspirin 81mg; 2 tabs daily x 14 days
- ***** Aspirin starts post-operative day #1

Knee Ligament Reconstruction

- Pain: Percocet (Oxycodone/Acetaminophen) 10/325; 1-2 tablets every 4-6 hours as needed*
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Percocet
- Antibiotic: Keflex 500mg; One tab 4 times daily x 4 days
 - Keflex allergy: Clindamycin 300mg; One tab twice daily x 7days.
- Constipation: Docusate (Colace) 100mg; 1 tab three times a day as needed
- DVT prophylaxis: Aspirin 81mg; 2 tabs daily x 28 days
- *****Antibiotics and Aspirin starts post-operative day #1

Toe-touch bearing Lower Extremity Surgery (Distal Femoral Osteotomy, High Tibial Osteotomy, Tibial Tubercle Osteotomy, Cartilage Transplant)

- Antibiotic: Keflex 500mg; One tab 4 times daily x 4 days
 - Keflex allergy: Clindamycin 300mg; One tab twice daily x 7days.
- Pain: Percocet (Oxycodone/Acetaminophen) 10/325; 1-2 tablets every 4-6 hours as needed*
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Percocet
- Constipation: Docusate (Colace) 100mg; 1 tab three times a day as needed
- DVT prophylaxis: Aspirin 81mg; 2 tabs daily x 28 days
- *****Antibiotics and Aspirin starts post-operative day #1

Shoulder/Elbow Surgery

- Antibiotic: Keflex 500mg; One tab 4 times daily x 4 days
 - Keflex allergy: Clindamycin 300mg; One tab twice daily x 7days.
- Pain: Percocet (Oxycodone/Acetaminophen) 10/325; 1-2 tablets every 4-6 hours as needed*
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Percocet
- Constipation: Docusate (Colace) 100mg; 1 tab three times a day as needed

Ankle fracture surgery, Achilles Tendon Surgery & Ankle Tendon Surgery

- Antibiotic: Keflex 500mg; One tab 4 times daily x 4 days
 - Keflex allergy: Clindamycin 300mg; One tab twice daily x 7days.
- Pain: Percocet (Oxycodone/Acetaminophen) 10/325; 1-2 tablets every 4-6 hours as needed*
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Percocet
- Constipation: Docusate (Colace) 100mg; 1 tab three times a day as needed
- DVT Prophylaxis: Aspirin 81mg; 2 tabs daily x 28 days
- ****Antibiotics and Aspirin starts post-operative day #1

Ankle arthroscopy +/- Microfracture

- Pain: Percocet (Oxycodone/Acetaminophen) 10/325; 1-2 tablets every 4-6 hours as needed*
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Percocet
- DVT Prophylaxis: Aspirin 81mg; 2 tabs daily x 14 days
- ****Aspirin starts post-operative day #1

Hamstring repair

- Antibiotic: Keflex 500mg; One tab 4 times daily x 4 days
 - Keflex allergy: Clindamycin 300mg; One tab twice daily x 7days.
- Pain: Percocet (Oxycodone/Acetaminophen) 10/325; 1-2 tablets every 4-6 hours as needed*
 - Motrin 800mg. 1 tab three times daily as needed can be added if pain is not well controlled with Percocet
- Constipation: Docusate (Colace) 100mg; 1 tab three times a day as needed
- DVT Prophylaxis: Aspirin 81mg; 2 tabs daily x 28 days
- ****Antibiotics and Aspirin starts post-operative day #1

*** No refills of narcotic pain medication will be given.** Do not take Tylenol in addition to narcotic medication.

***** HIGH RISK DVT Patients – patients on oral contraceptives, smokers, or history of previous DVT or embolus**

- Will receive
 - Xeralto (Rivaroxaban) 10mg; 1 tab daily x 14 days – No NSAIDS (Aleve, Motrin, Advil, Naprosyn) should be taken while on Xeralto. Aspirin and NSAIDS can be taken together.
 - Followed by aspirin 81mg; 2 tabs daily x 14 days

PHYSICAL THERAPY LOCATIONS

*****Please schedule your post-operative physical therapy appointments BEFORE your surgery*****

Manhattan Sports and Manual Physical Therapy

8 West 36th Street, 6th Floor
 New York, NY 10018
 (646) 487-2495
www.msmpt.com

NYU Langone Orthopedic Center PT

333 E 38th St, 5th Floor
 New York, NY 10016
 (646) 501-7077

Other Locations:

| BROOKLYN | | | | |
|---------------------------------|-----------------------|-------------|-------|----------------|
| Health SOS | One Hanson Place | Park Slope | 11243 | (718) 857-1900 |
| R.P.T. Physical Therapy | 335 Court Street | Cobble Hill | 11231 | (718) 855-1543 |
| Optimum Health PT – Bay Ridge | 416 Bay Ridge Parkway | Bay Ridge | 11209 | (718) 916-9765 |
| Optimum Health PT – Boerum Hill | 477 Atlantic Avenue | Boerum Hill | 11217 | (718) 916-9765 |

| MANHATTAN - MIDTOWN | | | | |
|----------------------------|--------------------------------|----------|-------|----------------|
| Nola Physical Therapy | 2 West 45 th Street | New York | 10036 | (212) 840-6652 |
| Nola Physical Therapy | 277 Park Ave | New York | 10172 | (212) 486-4060 |

| MANHATTAN - DOWNTOWN | | | | |
|--|-------------------|----------|-------|----------------|
| Health SOS | 594 Broadway | New York | 10012 | (212) 343-1500 |
| Occupational & Industrial Orthopaedic Center | 63 Downing Street | New York | 10014 | (212) 255-6690 |
| Promobility | 401 Broadway | New York | 10013 | (646) 666-7122 |

| MANHATTAN – EAST SIDE | | | | |
|--|-----------------|----------|-------|----------------|
| Harkness Center for Dance (PT Service) | 614 Second Ave | New York | 10003 | (212) 598-6054 |
| RUSK at the Men's Center | 555 Madison Ave | New York | 10022 | (646) 754-2000 |

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|--------------------------|--------------------|----------|-------|----------------|
| RUSK Physical Therapy | 240 E. 38th Street | New York | 10016 | (212) 263-6033 |
| STAR Physical Therapy | 160 E. 56th Street | New York | 10022 | (212) 355-7827 |
| Therapeutic Inspirations | 144 E. 44th St | New York | 10017 | (212) 490-3800 |

MANHATTAN - UPPER EAST SIDE

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|-----------------------------------|--------------------|----------|-------|----------------|
| Health SOS | 139 E. 57th Street | New York | 10022 | (212) 753-4767 |
| Professional PT | 170 E. 77th Street | New York | 10021 | (212) 249-5332 |
| Rusk PT at Women 's Health Center | 207 E. 84th Street | New York | 10028 | (646) 754-3300 |
| SPEAR PT | 120 E. 56th Street | New York | 10022 | (212) 759-2211 |
| Professional PT | 244 East 84th St | New York | 10021 | (212) 570 0209 |

MANHATTAN - UPPER WEST SIDE

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|-----------------|--------------------|----------|-------|----------------|
| Professional PT | 162 W. 72nd Street | New York | 10023 | (212) 362-3595 |
| Professional PT | 2465 Broadway | New York | 10025 | (212) 877-2525 |

MANHATTAN - WEST SIDE

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|---|-------------------------------|----------|-------|----------------|
| Health SOS | 483 Tenth Ave | New York | 10018 | (212) 239-1355 |
| Sports Medicine at Chelsea | 22 West 21st Street Suite 400 | New York | 10010 | (646) 582-2056 |
| Chelsea Physical Therapy & Rehabilitation | 119 W. 23rd Street | New York | 10011 | (212) 675-3447 |
| SPEAR Physical Therapy | 36 W. 44th Street | New York | 10036 | (212) 759-2280 |

QUEENS

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|--|-----------------------|--------------|-------|----------------|
| Health SOS | 208-09 Union Turnpike | Bayside | 11364 | (718) 479-6370 |
| Ergo Physical Therapy P.C. | 107-40 Queens Blvd | Forest Hills | 11375 | (718) 261-3100 |
| Susan Schiliro, PT (Hand & Upper Extremity only) | 99-32 66th Road | Rego Park | 11374 | (718) 544-1937 |

STATEN ISLAND

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|---------------|--|---------------|-------|----------------|
| One on One PT | 31 New Dorp Lane 1 st , Floor | Staten Island | 10306 | (718) 979-4466 |
| One on One PT | 33 Richmond Hill Rd | Staten Island | 10314 | (718) 982-6340 |

| LONG ISLAND | | | | |
|---|------------------------|----------------|-------|------------------|
| Health SOS | 375 Deer Park Ave | Babylon | 11702 | (631) 321-6303 |
| Hand in Hand Rehabilitation (Hand & Upper Extremity only) | 346 Westbury Ave | Carle Place | 11514 | (516) 333-1481 |
| Home PT Solutions | 111 W. Old Country Rd. | Hicksville | 11801 | (516) 433-4570 |
| Professional PT | 270-03 Hillside Ave | New Hyde Park | 11040 | (718) 831 - 1900 |
| Professional PT | 397 Willis Ave | Williston Park | 11596 | (516) 739-5503 |
| Professional PT | 90 Northern Blvd | Roslyn | 11548 | (516) 626-5080 |

| WESTCHESTER | | | | |
|---|----------------------------|--------------|-------|-------------------------|
| Health SOS | 1015 Saw Mill River | Ardsley | 10502 | (914) 400-1500 |
| Professional PT | 276 Katonah Ave | Katonah | 10536 | (914) 232-1480 |
| PRO Sports PT of Westchester | 2 Overhill Road | Scarsdale | 10583 | (914) 723-6987 |
| Westchester Sports Physical Therapy, PC | 672 White Plains Road | Scarsdale | 10583 | (914) 722-2400 |
| Rye Physical Therapy and Rehabilitation | 411 Theodore Fremd Ave | Rye | 10580 | (914) 921-6061 |
| Rye Physical Therapy and Rehabilitation | 15 North Broadway; Suite K | White Plains | 10601 | (914) 686-3132 |
| Health SOS | 100 Maple Ave | White Plains | 10601 | (914) 390-0080 ext 2416 |

| CONNECTICUT | | | | |
|-----------------------|----------------------|---------|-------|----------------|
| Professional PT | 53 Old King's Hwy N. | Darien | 06820 | (203) 307-4600 |
| Health SOS | 132 East Putnam Ave | Cos Cob | 06807 | (203) 769-1781 |
| Nola Physical Therapy | 1540 Post Road | Darien | 06820 | (203) 309-5303 |

| NEW JERSEY | | | | |
|---|--------------------|-------------|-------|----------------|
| Jersey Central Physical Therapy & Fitness | 21 47 Route 27 | Edison | 08817 | (732) 777-9733 |
| Jag PT | 34 Mountain Blvd | Warren | 07059 | (908) 222-0515 |
| Jag PT | 622 Eagle Rock Ave | West Orange | 07052 | (973) 669-0078 |