

## **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 (17<sup>th</sup> 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 2<sup>nd</sup> Avenue, 1<sup>st</sup> Floor Suite 16  
New York, NY 10003

- If your surgery is at the **Outpatient Surgery Center (38<sup>th</sup> 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](http://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**

10 East 33rd Street, 2nd Floor  
 New York, NY 10016  
 (646) 487-2495  
 www.msmppt.com

### **NYU Langone Orthopedic Center PT**

333 E 38<sup>th</sup> St, 5<sup>th</sup> 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

MANHATTAN - MIDTOWN				
Nola Physical Therapy	2 West 45 <sup>th</sup> 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
RUSK Physical Therapy	240 E. 38 <sup>th</sup> Street	New York	10016	(212) 263-6033
STAR Physical Therapy	160 E. 56 <sup>th</sup> Street	New York	10022	(212) 355-7827

Therapeutic Inspirations	144 E. 44th St	New York	10017	(212) 490-3800
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MANHATTAN - UPPER EAST SIDE				
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				
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				
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				
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				
One on One PT	31 New Dorp Lane 1 <sup>st</sup> , 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