

GETTING STARTED: BEFORE DURING & AFTER YOUR SURGERY

Pre-Op Protocols

- Confirm and mark left or right

Preventing Infection

- Use antiseptic soap
- Change your linens
- Antibiotics (before and after)
- Laminar flow
- Quicker operation time (1 hour)
- Bonding agents & medicated dressings are used

Preventing Blood Clots

- Anticoagulant (Aspirin or something similar)
- TED Hose compression
- Sequential Compression Device (SCD)
- Quick mobilization post-surgery

Anesthesia

- Spinal block
- Twilight
- Lasts 3 hours (1 hour operation time)

Post-Op

- Private recovery room
- Same day physical therapy - Walking Out of Bed
- 1-2 day recovery in hospital
- Home physical therapy
- Appointment at 2 weeks post surgery
- Transition to outpatient physical therapy
- 80% recovery in 3 months
- Up to 100% recovery in 12 months