
*** All PT protocols can be found at the website ***
<http://www.patrickmcgahanmd.com/physical-therapy-pdfs.html>

- **Medical Clearance**
 - If necessary, please see your primary care physician, cardiologist, and/or specialist
 - Have your doctor(s) send, fax, or email my office a letter declaring that you are ready and safe for surgery

- **EKG & Blood work**
 - If necessary, please make sure this is done **well in advance** of your surgery date and that our office has received the result
 - EKG's must be within 3–6 months of your surgery depending on the facility where your surgery is scheduled
 - Any abnormality requires clearance by a cardiologist
 - Blood work needs to be recent, within one week of your surgery date
 - If older than 30 days, it must be repeated

- **Medications**
 - Stop all blood thinners, aspirin, and anti-inflammatories (i.e. motrin, ibuprofen, advil, naprosyn, aleve, excedrin, etc.) at least seven days before surgery
 - Please consult your primary care physician if you are unsure of your medications
 - Celebrex, tylenol, and narcotics are generally ok prior to surgery
 - Ensure my office has a **current** list of your medications, including dosage & frequency

- **Food & Drink**
 - *Nothing to eat or drink after midnight prior to surgery*
 - If necessary, normal daily medications may be taken with a sip of water

- **Pre-Operative Appointment**
 - Pre-operative appointments are 1-2 weeks prior to surgery

 - We will discuss your surgery and answer all of your questions
 - You are welcome to bring a family member with you
 - We will give you a prescription for narcotic and anti-inflammatory medications
 - This should be picked up prior to surgery
 - We will schedule your post-operative appointment for 1-2 weeks following surgery
 - We will schedule your physical therapy appointment for 1-2 weeks following surgery

- **Physical Therapy**

- Dr. McGahan recommends multiple physical therapy centers
 - A prescription for PT will be provided at your pre-op appointment, on your day of surgery, or at your first post-op appointment depending on the procedure
- Patients should follow the physical therapy protocols as outlined by your therapist and Dr. McGahan.
 - <http://www.patrickmcgahanmd.com/physical-therapy-pdfs.html>

- **Optional Items**

This is strictly optional. You can use a cold therapy unit or

- Cold Therapy Unit **simply use ice as needed on top of a towel to protect the skin.**
 - This item is not covered by insurance
 - You are **NOT** required to purchase this optional product

- Sling or Braces

- Our office or the hospital will provide the necessary sling or brace. This will be charged to your insurance but you may owe a portion of the cost.

Surgery Instructions – General

Day of Surgery

*** All instructions & protocols can be found on my website ***

<http://www.patrickmcgahanmd.com/physical-therapy-pdfs.html>

- **Preparation**
 - *Nothing to eat or drink after midnight prior to surgery*
 - If necessary, normal daily medications can be taken with a sip of water
 - Bring your insurance card to your surgery

- **Be Available**
 - Arrive to the hospital 2 hours prior to the time of scheduled surgery
 - If you are the first case, you will arrive 1.5 – 2 hours prior
 - Scheduled surgery times are only guaranteed for the first case
 - All other cases are based on how long the earlier surgeries take and will begin immediately following the end of an earlier case
 - We often run ahead of schedule, be available by telephone if we have to call you in early
 - Ensure we have a current and working contact number for you
 - If we cannot get a hold of you, you may miss your surgery, which will then need to be rescheduled

- **Illness**
 - If you are feeling ill for ANY reason, you must let us know as soon as possible
 - Your surgery may need to be rescheduled

- **Discussion**
 - If a family member or significant other is available immediately after surgery and if you wish, I will talk to them regarding your surgery and answer any questions they might have
 - Most patients have difficulty remembering information after anesthesia so I do **NOT** discuss the surgery with you immediately after surgery
 - I will talk to you, answer questions, and show you the pictures during our first post-operative appointment

- **Going Home**
 - Someone must be available to take you home
 - Taking a ride home alone is **NOT** allowed