



Dr. Stephen Thon

Surgery Guide: Before and Day of Surgery

“SCHEDULED FOR SURGERY, NOW WHAT?”

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BEFORE SURGERY:

PRE-OPERATIVE APPOINTMENT

We will set up a pre-operative appointment to come back and see Dr. Thon (except in rare circumstances where we need to schedule rapidly or urgently). At this visit we will go over your surgery in detail, confirm with you the plan, sign the mandatory forms needed from the center/hospital, and fit you for any brace or sling that you may need for after surgery. This is YOUR TIME. If you have any questions or concerns that you want to address, please bring them with you so we can maximize your visit. Read through the rest of this guide as well to make you as prepared as possible.

PRE-OPERATIVE CLEARANCE WITH PCP

You may be asked to see your Primary Care Physician (PCP) prior to surgery for all major repairs, reconstructions, or joint replacements. We do this to optimize your health, medications, and medical problems before surgery to decrease the chance of having any complications from surgery or the anesthesia. This is to ward off any preventable problems during your recovery to make sure you get the best outcome possible. Occasionally, if the pre-operative evaluation shows something concerning, we may delay (but not cancel) your surgery until we can have the issue fixed or controlled. We do require that your Pre-Operative clearance be complete and sent to us before your Pre-Operative appointment with Dr. Thon.

MEDICATIONS TO STOP BEFORE SURGERY

These medications need to be stopped **7 days** before your surgery date:

Ibuprofen	(Motrin, Advil)
Naproxen	(Naprosyn, Aleve, Anaprox)
Diclofenac	(Voltaren, Cataflam)
Indomethacin	(Indocin)
Etodolac	(Lodine)
Flurbiprofen	(Ansaid)
Ketoprofen	(Ordis, Oruvail)
Nabumetone	(Relafen)
Oxaprozin	(Daypro)
Piroxicam	(Feldene)
Salsilate	(Disalcid)
Sudlinac	(Clinoril)
Meloxicam	(Mobic)
Fish Oil	
Vitamin E, CoQ10 & other supplements	

If you are taking **Coumadin, Eliquis, Plavix, Pradaxa, Ticlid, Xarelto or other blood thinners**, please contact your prescribing doctor before your pre-operative appointment or surgery date to see if you need to continue or stop these medicines.

It's okay to take:

Tylenol or Acetaminophen

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PRESCRIPTIONS AND MULTIMODAL PAIN CONTROL

We adhere to an opioid sparing/limiting approach when it comes to pain control and post-operative care. This has the benefits of fewer side effects, better pain relief, and less risk of addiction. We will provide multiple medications that work on different ways to control your pain including a heavy anti-inflammatory, Tylenol, and a muscle relaxer. You will be given a small prescription for opioids, but these are only to be used as needed for any breakthrough pain. Many patients do not ever take any opioids in their recovery process using this approach, so if you do not need them, you do not need to take them. We will send your prescriptions to your pharmacy or to the hospital pharmacy (when applicable) before your surgery so you can pick them up ahead of time.

The medications we prescribe on a regular basis for surgery are: Ketorolac (Toradol), Meloxicam (Mobic), Methocarbamol, and Oxycodone. If Dr. Thon prescribes additional medications outside of these, please take them as directed as they are needed for your specific case.

See Opioid Policy Later

SLING/BRACE

If you will require a sling/brace for your recovery after surgery, we will fit and provide one at your pre-operative visit. Please bring these with you on the day of surgery. We will apply them to your shoulder/knee before you wake up from surgery to make sure it is protected.

ICE MACHINE

You will be given the option to purchase a cold pack machine; please see the attached information and let your surgery scheduler know if you would like to pursue this option. *WE HIGHLY RECOMMEND THEM AS THEY MAKE ICING CONVENIENT/EASY, DECREASE PAIN, AND DECREASE SWELLING.* Unfortunately, this is one piece of equipment that insurance does not cover, it is \$185 for purchase. If you elect to purchase an Ice Machine, we will provide this for you at your pre-operative appointment. This machine has a sleeve which is attached to an ice cooler. You place ice and some water in the cooler and plug this into a regular outlet. This circulates cold water through the sleeve providing pain relief and decreasing swelling after surgery. We recommend icing throughout day for the first week especially before sleep. We do recommend that you put a t-shirt or a thin towel between you and the sleeve so that it doesn't injure your skin.

SET UP FOLLOW UP APPOINTMENT

Make sure you set up your first follow up appointment after surgery. In most cases, this will be ~10-21 days after your surgery. As a general rule, we will see you at ~2 weeks after surgery. If you need to schedule your follow up appointment(s) please call our main office line at 303-344-9090 or email the team at ThonCareTeam@occ-ortho.com.

SET UP FIRST PHYSICAL THERAPY APPOINTMENTS

Make sure you set up your first Physical Therapy (PT) appointments after surgery as well. When you start physical therapy will be highly dependent on what surgery you are having. Some surgeries we will have you start right away; others will be delayed by a few weeks afterwards. We will discuss this with you at your pre-operative visit.

LOOP HOME PHYSICAL THERAPY

Loop home physical therapy is a great option to help with your recovery. It is home physical therapy on your smart phone that can be performed on demand. It is great for the days that you do not have PT scheduled to enhance your recovery. It costs less than a single co-pay for PT at \$30/month and you can access a physical therapist/exercises on-demand, on your own time. It is optional, but a great way to keep up with your therapy/exercises on the days you do not have PT. If you would like to sign-up for Loop Home Physical Therapy click the QR code to get started.

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DAY OF SURGERY:

WHEN TO SHOW UP FOR SURGERY?

In general, you will need to show up about 2 hours ahead of your scheduled surgery time to check-in and get prepped for surgery. You will get a call from the surgery center or hospital within the week prior to your scheduled surgery date to let you know what time your surgery is and exactly when to arrive at the facility.

RIDE TO/FROM SURGERY

You **must have a responsible adult to take you home and stay with you overnight**. This should be a friend or family member. Please coordinate this prior to your scheduled surgery date. Your ride does not have to stay at the hospital the whole time you are there. We will call them after the surgery. Ride sharing (Uber and Lyft) are unfortunately not acceptable/safe to take you home after surgery. You should expect to be in the recovery room for about 1-2 hours after surgery before you can go home.

EATING/DRINKING BEFORE SURGERY

Do not take in any solid food or milk and creamer products after **midnight** the evening before your surgery or procedure, unless otherwise instructed. Up until **2 hours before the time you check-in** (at least 4 hours before your surgery time) for surgery or procedure, you may continue to drink **ONLY** clear liquids. **The ONLY acceptable clear liquids** during this time include:

- Water, Gatorade®, Juices – apple, cranberry – anything you can see through (without pulp), **No orange juice!**
- Starting **2 hours before your check-in** time, stop all liquids. This includes chewing gum or sucking on hard candy.
- TAKE only the medication you have been instructed to take with a sip of water.
- DO NOT smoke, chew tobacco, or use any recreational drugs the day before or the day of your surgery.

Please follow these instructions strictly. This will avoid unnecessary discomfort, delays, or possible cancellations for yourself (or your child), during and after your surgery or procedure.

NERVE BLOCK

If available, the anesthesia team will offer to perform a nerve block for your surgery. This is where they inject numbing medication around some of your nerves to help with pain control during and after surgery. It will make the sensation in your arm/leg go numb while in affect. It generally lasts ~12-18 hours (sometimes can be longer) and then wears off. They are very helpful both during and after surgery as it allows the anesthesia team to use less medicine during your surgery which allows you to recover faster.

OTHER SPECIAL INSTRUCTIONS

- Driving a car, operating machines or appliances, making major decisions or ingestion of alcohol should be avoided for 24 hours after having anesthesia.
- Please shower with anti-bacterial soap for 3 days prior to your surgery or procedure. This is to help decrease the risk of infection. The recommended anti-bacterial soap is **LIQUID DIAL GOLD**, this can be purchased at any grocery or drug store.
- Wear clothing that will be comfortable and easy for you to put on following your procedure.
- Please bring your **insurance card** and a **photo ID**. Also bring your **pharmacy card**, if you have one.
- Please only bring enough money to pay for your copay (if necessary).
- Please bring a list of your current medications with doses, times, and the reason you are taking them.
- **DO NOT** bring jewelry, hairpieces, contact lenses, etc. Bring a case for your glasses or hearing aids if you wear them.
- **DO NOT** wear make-up, perfume or lotion, especially on your face or the surgical site.

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OUR CLINIC'S POLICY ON OPIOID PAIN MEDICATION

We understand recovering from surgery can be painful. We aim to manage your pain effectively while also addressing the dangers of opioid medication dependence and misuse. Our goals are to utilize as many non-addictive and non-habit forming modalities for pain control.

After your procedure, you will receive a single prescription for a short-acting opioid pain medication to be used only on an *"as needed"* basis to manage **breakthrough pain**. We want you to have the prescription should you need it, with the expectation that you should not be taking the entire bottles worth of pain medication. There is also the expectation that there will be pain after surgery no matter what modalities we utilize. The goal for pain control is to make it manageable, not make the pain "disappear". We restrict initial prescriptions to no more than a few days' worth to avoid overexposure.

We ask that you first utilize our recommended multimodal pain relief plan. This includes anti-inflammatory medication(s), acetaminophen, and muscle relaxers on a regular schedule starting the day of surgery. This combination approach is very effective for the majority of our patients.

If pain persists despite adhering to this regimen, then the prescribed opioid serves as supplemental relief to get you through to your follow up visit. At that appointment we can reassess your pain and adjust medications accordingly. **It is the expectation that the initial opioid prescription lasts you until your follow up visit with Dr. Thon.**

In addition, if you are on opioid pain medication chronically, we do not adjust our prescribing pattern. You will need to speak with the provider who prescribes your opioid medications for adjustments, increases, or changes. Otherwise, we can arrange a consult with a pain medicine specialist. **These concerns should be discussed and addressed PRIOR to your surgery, not after.**

We cannot, and will not, call in refills of opioid prescriptions early or without an office visit due to ethical and legal obligations around these controlled substances. Please take the medication only as directed and supplement with other pain relievers whenever possible. If you have excessive problems controlling pain, call our office to explore additional options.

This policy reflects care and caution - not doubt of our patients' needs. We aim to help you recover comfortably while addressing a major public health crisis. Please communicate any concerns so we can find the right balance.

FMLA AND SHORT-TERM DISABILITY POLICY

What is FMLA and Short Term Disability

The Family and Medical Leave Act (FMLA) is a federal law allowing eligible employees to take unpaid, job-protected leave for specified family and medical reasons. Similarly, short-term disability may be available through your insurance.

Our FMLA and Short-Term Disability Paperwork Policy

From the time we receive your paperwork, our policy is that we have 14 days to complete FMLA/Short-term Disability paperwork. This will not be rushed or pushed through at a faster pace and will be completed when our providers have availability.

To meet this timeline, please provide EXACT details of requested leave dates when submitting forms. Any date amendments after completion may require restarting.

We will place standard restrictions according to each procedure. There will be no changes, exceptions, or special requests with these restrictions after your surgery.

How to Submit Forms?

Clearly mark requested leave dates, job classification (sedentary vs heavy labor), and details on the forms. **Please fill out as much of the forms ahead of time with your personal information, dates, injury, and requested restrictions prior to submitting your paperwork to Dr. Thon and the team.**

When forms are completed to the best of your ability, drop off forms in person to the medical assistant or email forms to ThonCareTeam@occ-ortho.com

Next Steps After Receiving Completed Paperwork:

You are responsible for submitting the completed forms to your employer and/or any required state disability paperwork to the state. We will provide the completed forms to you in person or via email.

Please contact us if you have any other questions! Providing complete details upfront allows us to best assist you in this process.

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ICE MACHINE: DECREASE PAIN, DECREASE SWELLING

Reduce Pain and Swelling

The DonJoy IceMan CLEAR3 is a cold therapy unit that helps reduce pain and swelling, speeding up rehabilitation and recovery. It utilizes a recirculation system which helps maintain more consistent and accurate temperatures. This circulates cold water through the sleeve providing pain relief and decreasing swelling after surgery. We recommend icing throughout day for the first week especially before sleep.

Benefits

- Reduces pain and swelling
- Speeds up rehabilitation and recovery
- Provides consistent and accurate temperatures
- Easy to use
- Portable

Indications

- Acute injuries
- Chronic conditions
- Post-operative care
- Rehabilitation

How to Use

1. Fill the reservoir with ice water.
2. Place the cold pad on the affected area.
3. Turn on the unit and adjust the temperature to your desired setting.
4. Use for 20-30 minutes at a time.
5. We do recommend that you put a t-shirt or a thin towel between you and the sleeve so that it doesn't injure your skin.

Warnings

- Do not use on open wounds.
- Do not use if the cold pad is damaged.
- Do not leave the unit unattended.



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