

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

<http://www.HiraharaMD.com/for-patients>

- **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
 - This requirement is for patients aged 40 and over & for all those with known cardiovascular conditions regardless of age
 - 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, anti-inflammatories (i.e. motrin, ibuprofen, advil, naprosyn, aleve, Excedrin, etc.) at least seven days before surgery
 - Includes anything that may thin the blood (i.e. fish oil, turmeric, etc.)
 - Please consult your primary care physician if you are unsure of your medications
 - Celebrex, tylenol, and narcotics are generally ok prior to surgery as they do not thin the blood
 - 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 – REQUIRED**
 - ALL Pre-operative appointments will be done via TeleMedicine (Zoom)
 - If you do not attend your pre-operative appointment, your surgery may be cancelled
 - Pre-operative appointments are on Thursday afternoons, the week or two prior to surgery
 - On your surgical notification, you will find your appointment time/date
 - If you do not receive your appointment, it is your responsibility to call to schedule your appointment
 - We will discuss your surgery and answer all of your questions
 - You are welcome to have a family member with you
 - Narcotic and anti-inflammatory medications
 - An anti-inflammatory drug will be prescribed to start immediately after surgery and to be taken regularly for one month
 - A narcotic medication will be prescribed for pain to be taken as needed
 - Per the DEA, all prescriptions must be electronically sent to your pharmacy. Please be prepared with the name and address of your pharmacy
 - Narcotics can be prescribed to patients after surgery for the duration of the aftercare (90 days) only. Prior to and following this period, any narcotics must be obtained from your primary care physician

- We will schedule your post-operative TeleMedicine (Zoom) appointment for a Thursday afternoon following the surgery
- Your first physical therapy appointment should be scheduled for one week following surgery

- **Physical Therapy**

- My preferred physical therapy groups who I have been working with for many years
 - MAC PT has 2 locations
 - Folsom, Rancho Cordova
 - Tel. 916-572-6162
 - Email: info@macperformancept.com
 - Spine & Sport PT has 6 locations
 - Downtown Sacramento, Sacramento, Fair Oaks, Roseville, Elk Grove, Rancho Murieta
 - Tel. 916-362-7962
 - Email: scheduling@spineandsport.com
 - A therapist will be attending your appointments with Dr. Hirahara every Thursday afternoon
 - These therapists do NOT work for my office
- Physical therapy protocols may be downloaded from my website
 - <http://www.hiraharamd.com/for-patients/patient-resources>

- **Optional Items**

- Cold Therapy Units
 - We suggest using one of three different machines: PowerPlay or GameReady or Kodiak
 - Your insurance company may or may not authorize this product
 - This product alleviates pain and swelling after surgery and is very convenient
 - My office and staff does **NOT** provide support for this item
 - You are **NOT** required to purchase or rent this optional product
 - Any questions or problems should be addressed directly to the company selling the Cold Therapy Unit:
 - PowerPlay, Spine & Sport Physical Therapy - (916) 362-7962
 - GameReady or Kodiak, Pacific Medical Inc.
 - Chris Haas – (916) 295-3688 / Main Office – (916) 706-1520
- Sling or Braces
 - If a sling or brace is needed postoperatively, one will be provided to you in the hospital immediately following surgery
 - Any questions or problems regarding the sling must be addressed to Pacific Medical Inc.
 - Chris Haas – (916) 295-3688 / Main Office – (916) 706-1520
 - Knee & leg sleeves
 - These sleeves are available from Reparel
 - <http://www.reparel.com>
 - A prescription with a discount can be obtained from our office

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- **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
 - Remove all body piercings, jewelry, or anything metal prior to arrival—they can increase the risk of infection and can result in electrical burns (if cautery is used)
 - ***Your surgery will be cancelled if metal is present that cannot be removed***

- **Be Available**
 - Arrive to the hospital 3 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 and ready to come 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, your surgery may be cancelled, which would then need to be rescheduled

- **Illness or Wounds**
 - If you are feeling ill for ANY reason or have any open or healing wounds, you must let us know as soon as possible
 - Your surgery may need to be rescheduled

- **Discussion**
 - 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 TeleMedicine (Zoom) appointment, which will take place on a **Thursday afternoon** following surgery

- **Going Home**
 - Someone must be available to take you home
 - You will give their phone number to the nurses who will notify them when you are ready to be picked up
 - Taking a taxi alone is **NOT** allowed

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- **Post-operative Appointment**
 - Post-operative appointments will be done via TeleMedicine (Zoom) on **Thursday afternoons**
 - If you do not have one, you must call my office to schedule your appointment

- **Pain Control**
 - Your prescription medications for pain after surgery will be arranged at your pre-operative appointment and sent electronically to your pharmacy
 - We recommend picking up your prescription prior to the day of surgery
 - Narcotics are used as needed
 - Anti-inflammatories should be started after surgery (same day), must be taken regularly, and should continue for four weeks after surgery
 - Medication refills or changes,
 - For refills or changes of narcotic medications, you must contact the office during office hours only
 - On-call physicians can **NOT** prescribe medication to patients they have not seen
 - Narcotics can be prescribed to patients after surgery for the duration of the aftercare (90 days) only
 - Following this period, any narcotics refills must be obtained from your primary care physician
 - Ice the shoulder 20 minutes per hour for the first 72 hours while awake
 - Be very careful when applying cold directly to the skin in limiting how much time it is used to avoid cold burns
 - If a cold therapy unit has been supplied, it is for home use
 - Do NOT bring it to the hospital as it will NOT be placed on you at the time of surgery
 - If there are any problems or questions with the unit, please contact the provider of your unit as our office does not provide support for these products
 - After the first 72 hours, ice at least 3 times a day and especially after physical therapy sessions
 - Ice can work through the dressings
 - Even if you cannot feel the cold, the cold therapy does work through the bulky dressings

- **Swelling & Tingling**
 - It is normal to have some mild swelling, tingling, or numbness after surgery
 - Keep the leg elevated above the heart on several pillows when sitting or laying down
 - Sometimes the dressing might be too tight and can be re-wrapped, if necessary

- **Dressings**
 - **Dressings can be taken off 48 hours after surgery**
 - The incisions will have small pieces of tape over them called “steri-strips”
 - Do not remove the steri-strips covering the small incisions
 - The steri-strips fall off after one week or can be removed ten days after surgery
 - You can replace the dressings with band-aids, if desired
 - There may be drainage for the first 48 – 72 hours from the incisions. This is normal
 - You may take a shower immediately but do NOT get the dressings wet
 - Once the dressings are removed after 48 hours, you can use soap and water on the wounds
 - Do NOT take a bath or swim as the incisions should not be soaked in water until healed (usually 10 days)
 - Keep the incisions clean and dry

- **Physical Therapy**

- Physical therapy usually begins one week after surgery
- You must call to make your physical therapy appointment **PRIOR** to your surgery
- If you have not already made your appointment for physical therapy, please contact my office for assistance
 - My office will supply you with a prescription for your physical therapy
 - My physical therapy protocol can be downloaded from my website
 - If you see a therapist besides MAC Physical Therapy or Spine & Sport PT, please obtain my written protocol for your therapist
- The type of surgery you have will determine what you can do after surgery
- If a brace is placed on your leg following surgery,
 - You will use crutches and NOT put any weight on the leg until you talk to me at your first appointment, unless otherwise directed
 - You will NOT take off the brace (including when you sleep)
 - Except to shower or bathe, change clothes, or do your therapy

- **What to Expect**

- Surgery to RECONSTRUCT an ACL or REMOVE a torn meniscus (meniscectomy) or clean out (debridement):
 - Crutches only as necessary
 - You can walk and move the knee as tolerated and when you feel ready
 - Physical therapy to start by 1st week after surgery
 - First goal is motion
 - Once full range of motion is achieved, strengthening is started
 - After meniscectomy or debridement, full sports and activities by 1-3 months
 - Swimming & stationary bicycle allowed by 2 weeks
 - After ACL reconstruction, full sports and activities by 6 months
 - Stationary bicycle allowed by 4-6 weeks according to progress
- Surgery to REPAIR an ACL or meniscus:
 - Brace immobilization locked in extension for 6 weeks
 - Weight bearing allowed with leg in extension
 - Physical therapy to start by 1st week after surgery
 - Begin range of motion exercises to prevent stiffness but no weight bearing on bent knee
 - Range only 0 – 90 degrees allowed
 - Remove brace by 6th week
 - Range of motion as tolerated
 - AVOID squatting
 - No weight bearing on bent knee greater than 90 degrees
 - Begin full sports and activities by 6 months depending on progress