

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

WWW.HIRAHARAMD.COM/PATIENT

- **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 & COVID-19**
 - 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
 - COVID-19 Testing is required 3-7 days prior to surgery
 - Once testing has been done, you must quarantine until your surgery to prevent catching the virus
 - If for ANY reason your results are not available prior to your surgery, your surgery will be rescheduled

- **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 – 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 one
 - 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 to let us know which pharmacy you use.
 - 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

- 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

- **Research**
 - All operative patients are signed up with Surgical Outcomes System (SOS): an online patient-tracking database
 - Authorization should already be completed prior to your pre-operative appointment
 - Information on SOS is available on my website: www.HiraharaMD.com/patient → Research Forms → Surgical Outcomes System Info

- **Physical Therapy**
 - Results Physical Therapy is my preferred physical therapy group who I have been working with for over 20 years
 - Results PT has 4 locations
 - Rancho Cordova – (916) 362-7962
 - Rancho Murieta – (916) 354-0719
 - Carmichael – (916) 562-9130
 - Elk Grove – (916) 750-4555
 - Kyle Yamashiro or one of his associates will be seeing patients with me every Thursday afternoon
 - Kyle and his group do NOT work for my office
 - Any questions regarding your therapy should be directed to Kyle and his staff
 - If you already have a physical therapist, Kyle or his staff will be instructing you regarding the specific therapy protocol that I want you to do with your therapist
 - Physical therapy protocols may be downloaded from my website at www.HiraharaMD.com/patient

- **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, Results 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

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

WWW.HIRAHARAMD.COM/PATIENT

- **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*

- **Be Available**
 - Arrive to the surgery center 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, you may miss your surgery, which will 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
 - COVID-19 testing is required
 - If for ANY reason your results are not available prior to your surgery, your surgery will 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**
 - Due to COVID-19, visitors and family (unless you are under 18) are not allowed in the hospital with you
 - 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

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

www.HIRAHARAMD.COM/PATIENT

- **Post-operative Appointment**
 - Post-operative appointments will be done via TeleMedicine (Zoom)
 - If you have not already made one, call my office to schedule your first appointment on a **Thursday afternoon** after surgery

- **Pain Control**
 - Your prescription medications for pain for after surgery will be arranged at your pre-operative appointment and sent electronically to your pharmacy.
 - Narcotics are used as needed
 - Anti-inflammatories should be started directly after surgery, must be taken regularly, and must continue for four weeks after surgery
 - For 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 narcotic refills must be obtained from your primary care physician.
 - Ice the knee 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. 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 the knee at least 3 times a day and especially after physical therapy sessions
 - Ice can work through the 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, 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
 - Keep the incisions clean and dry

Physical Therapy

- Physical therapy usually begins one week after surgery
- If you have not already been given an appointment for physical therapy after surgery, please contact Holly at my office for a referral
 - My office will supply you with a prescription for your therapist
 - My physical therapy protocol can be downloaded from my website
 - If you see a therapist besides Results Physical Therapy, 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