

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

[WWW.HIRAHARAMD.COM/PATIENT](http://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, turmeric, fish oil 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**
  - Due to COVID-19, 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, narcotic prescriptions must be written, given in person, and NOT mailed or called in to the pharmacy
      - 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
    - At your pre-operative appointment, you will tell us if you prefer to:

# Alan M. Hirahara, MD, FRCSC

*Orthopaedic Surgeon / Specialist in Sports Medicine*

2801 K Street, #330, Sacramento, CA 95816, USA

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- Pick up your prescriptions at our office prior to your surgery QR
    - Have Dr. Hirahara bring the prescriptions to you at the surgery center
  - We will schedule your post-operative TeleMedicine (Zoom) appointment for one week following surgery on a Thursday afternoon
  - 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](http://www.HiraharaMD.com/patient) → Research Forms → Surgical Outcomes System Info
  
- **Physical Therapy**
  - Kyle Yamashiro of Results Physical Therapy
    - 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 will be seeing patients with me every Thursday afternoon
    - Kyle does 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](http://www.HiraharaMD.com/patient)
  
- **Optional Items**
  - Cold Therapy Units
    - We suggest using one of three different companies: GameReady or PowerPlay 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 or support this item
    - You are **NOT** required to purchase this optional product
    - Any questions or problems should be addressed directly to the company for the Cold Therapy Unit
      - GameReady, Team Makena
        - Daniella Haena – (650) 784-9588
      - PowerPlay, Results Physical Therapy - (916) 362-7962
      - 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

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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*
- 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 prepared & 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
  - 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 one week** 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

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- **Post-operative Appointment**
  - Due to COVID-19, 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 one week** after surgery
  
- **Pain Control**
  - Triplicate prescriptions for pain medication will be arranged to be given to you at the time of surgery or can be picked up in advance
  - 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 come to the office to obtain a new triplicate prescription
    - On-call physicians can **NOT** prescribe medication to patients they have not seen
    - Prescriptions for any/all narcotics can **NOT** be called into a pharmacy. These forms are good for one-time use only. The triplicate prescription cannot authorize multiple refills per prescription.
    - 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 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. 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.
    - After the first 72 hours, ice the shoulder at least 3 times a day and especially after physical therapy sessions
    - It will work through the dressings
  
- **Swelling & Tingling**
  - It is normal to have some mild swelling, tingling, or numbness after surgery
  - Taking the arm out of the sling and resting it on a pillow can help, 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
    - Keep the incisions clean and dry

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- **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
  - A sling will be placed on your arm at the hospital or surgery center
    - Do NOT use your arm
    - Do NOT take off the sling except to do therapy, shower, or change clothes
      - Therapy may have you take off sling occasionally if swelling occurs
      - Your therapist might teach you how to allow the arm out at other times when appropriate
    - Do NOT lift your arm or use it to carry anything
    - Do NOT move the arm out from your side to write or use a mouse
    - Do NOT guard the arm and keep the arm relaxed at your side
  - If we are doing surgery for stiffness, physical therapy begins the day after surgery, and the sling is only for comfort
- **What to Expect on Average**
  - Protected in a sling for 4 weeks
  - Sling can be removed 1-2 times per day to stretch your elbow but NOT your shoulder
  - If labrum or biceps repaired, then do not actively flex the elbow
  - Begin passive range of motion exercises by 1st week (after surgery) as directed by the therapist
  - Take your sling off to do your exercises but wear it at all other times
  - Begin to remove the sling by the 4th week as directed by the therapist
  - Begin strengthening exercises by 12th week as directed by the therapist
    - Still NO heavy lifting
  - Return to full sports and activities by 4-6 months depending on progress