

## **Knee and Hip Arthroscopy**

**Surgery Instruction Sheet for Dr. Chad Millet  
You are scheduled for surgery at Ochsner Baptist  
2700 Napoleon Avenue, New Orleans, Louisiana 70115**

The procedure will be on \_\_\_\_\_.

1. Call Clara with Southern Orthopaedic Specialist one week before surgery at (504) 212-4114. She will contact your insurance company, worker's comp, or attorney to be sure that your surgery is approved and if there are any deposits or deductible that need to be paid prior to surgery.
2. Call Ochsner Baptist at (504) 897-5900 to schedule a pre-op appointment. Pre-op appointments must be done 2 weeks **PRIOR** to your surgery. At this appointment you will meet with an anesthesiologist. You may have blood work done, chest X-ray, and an EKG. (It is to the discretion of the anesthesiologist). **YOU DO NOT NEED TO FAST FOR THIS TESTING.**
3. If you take medications daily, bring a detailed list or actual pill bottles to the pre-op interview. They will instruct you on which medication to take on the morning of surgery.
4. Stop taking anti-inflammatory medication or medications containing aspirin one week prior to surgery. This includes Advil, Aleve, Motrin, Ibuprofen, etc. Also no medications, vitamins or supplements. If you take a prescription blood thinner such as Plavix, Coumadin, etc., notify your PCP and discuss the appropriate time length to stop blood thinners prior to surgery.
5. Erin will call you the morning before your surgery to tell you what time to arrive. If you have not heard from her, call her extension at (504) 897-6351, Ext. 218. (If you are scheduled for a Monday surgery, you will receive a phone call on Friday)
6. Do not eat or drink anything after midnight unless instructed by anesthesia.
7. You must have someone to drive you home from the hospital after surgery.
8. For **KNEE OR HIP ARTHROSCOPY** we need to see you back in 2 weeks for follow up and to have sutures removed.

Dr. Chad Millet  
Post-Op Instructions  
Hip Arthroscopy

Activities

- **Hip Arthroscopy with Femoroplasty**
  - o Weight bearing as tolerated with crutches until seen by MD at post-op visit.
- **Hip Arthroscopy with Labral Repair**
  - o Toe touch weight bearing with crutches.

Wound Care

- Apply ice to hip but never directly to skin for 15 minute intervals to decrease swelling or pain
- May remove dressing from hip 2 days after procedure, may cover sutures with Band-Aids
- Do not get incision wet, may begin showering 2 days of surgery but no baths

Medications

- Pain medications prescription will be given at discharge from Same Day Surgery Center
- May also use Tylenol or Advil as needed if not contraindicated
- Pain should decrease over the first 3-4 days but soreness may last for 2-3 weeks

Post-Op

- You need to be seen post-operatively in the office about 2 weeks after procedure. Please make appointment now to prevent delay in being seen
- Your sutures will be removed at this time
- You will also receive an order for Physical Therapy

When to Call

- If you develop a fever over 101 degrees, if you notice persist drainage from puncture sites, or if swelling increases and does not begin resolving after 3 days post operatively, call the office.