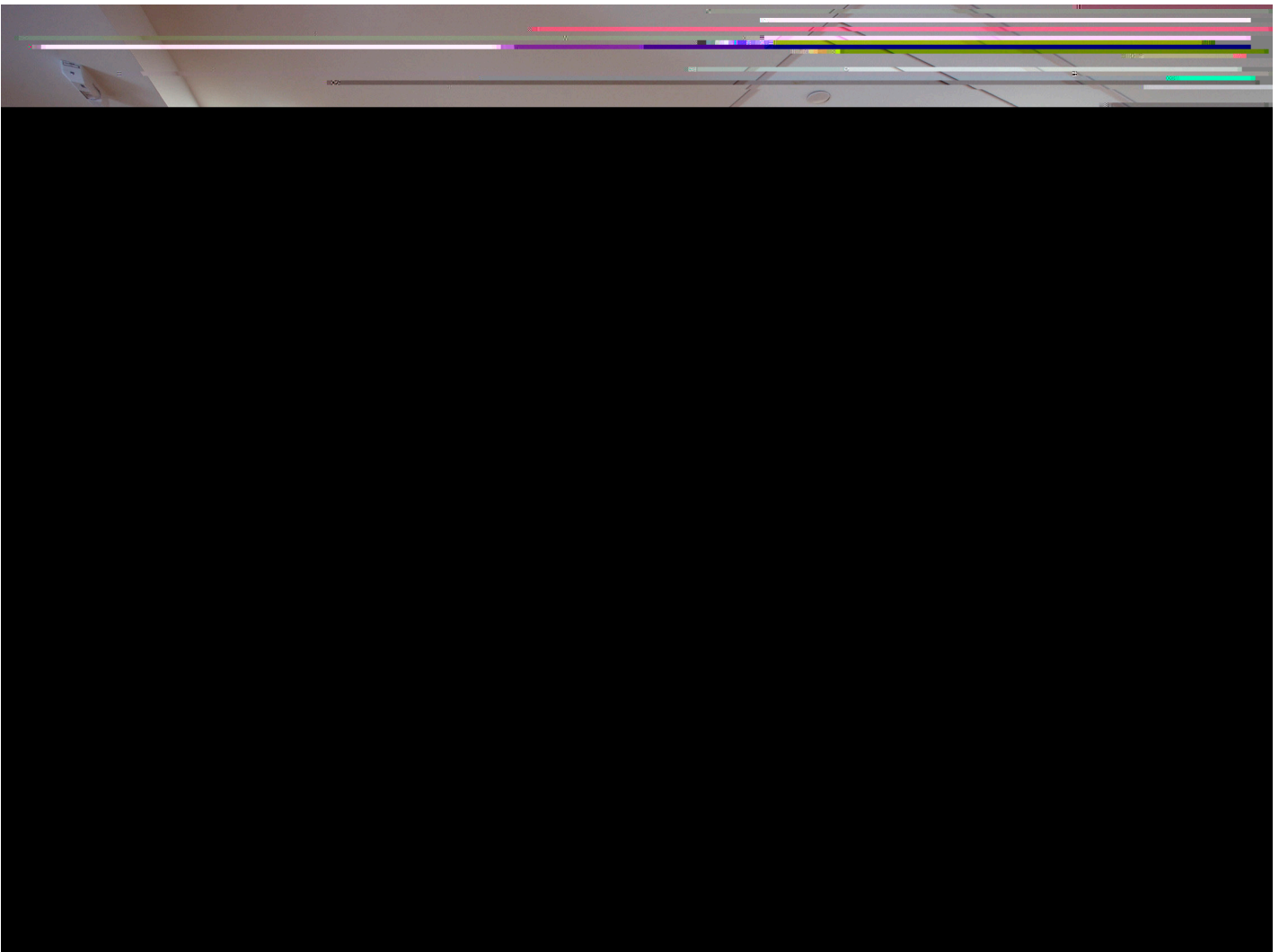


# P R E P A R A T I O N G

*From Preparation to Recovery*



## *Your Scheduled Surgery*

---

Date of Surgery :

---

Surgeon :

---

Date of Expected Discharge :

---

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What to Expect on the Day of Your Surgery	15
After Surgery: The Road to Recovery	19
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# Introduction

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NYU Langone Health.

s | M | T a



# Important Contact Information

4DIFEVMJOH 1IPOF /VNCFS  
'BY /VNCFS

%PDUPS 5FMFQIPOF /VNCFST  
.JDIBFM + "MBJB .%  
+PTFQI #PTDP .%  
,JSL " \$BNQCFMM .%  
3BNFTI ) (JEVNBM .%  
(VJMMFN (PO[BMF[ -PNBT .%  
-BJUI . +B[SBXJ .%  
:PVOH 8 ,XPO .% 11%  
3PCFSU + .FJTMJO .%  
"OESFX 4 3PLJUP .%  
.FIVM 3 4IBI .%  
&SJD 4USBVTT .%  
.BOEFF7QJSL .%

## HOW DO I REPORT AN EMERGENCY?

1 646.501.7223  
9-1-1

Additional contact information and details regarding emergency reporting procedures.

## O I a N :

646.501.7123  
646.501.7277  
646.501.7246  
646.501.7400  
646.501.7177  
646.501.7109  
646.501.7077  
646.501.7440  
646.501.7059  
212.598.6000  
646.501.7243  
646.501.7077

# *before your surgery*

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“Countdown to Surgery” Checklist	12

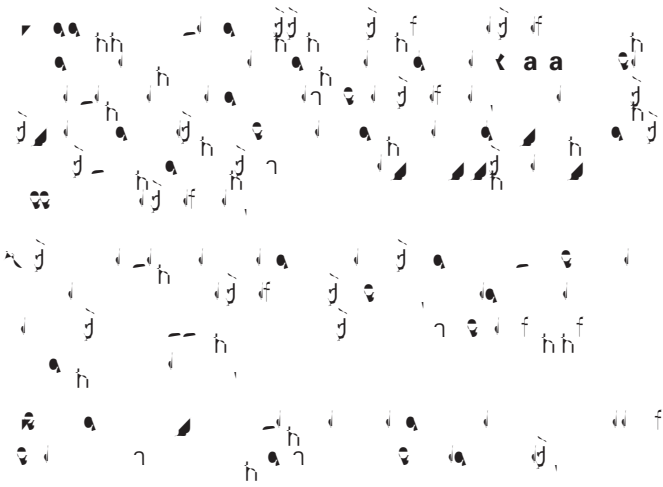




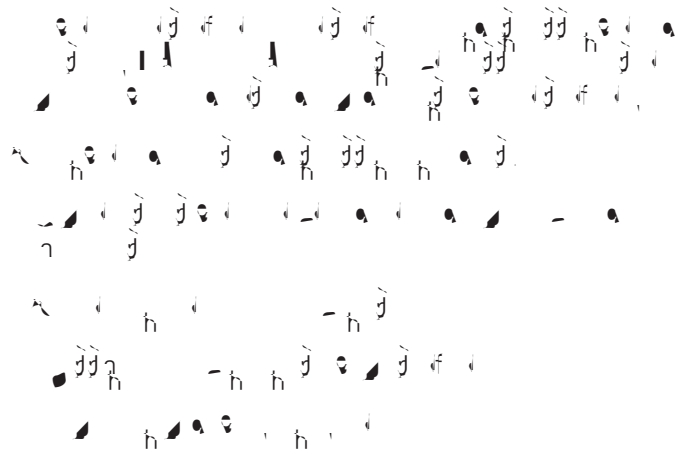
## PREADMISSION TESTING (PAT)



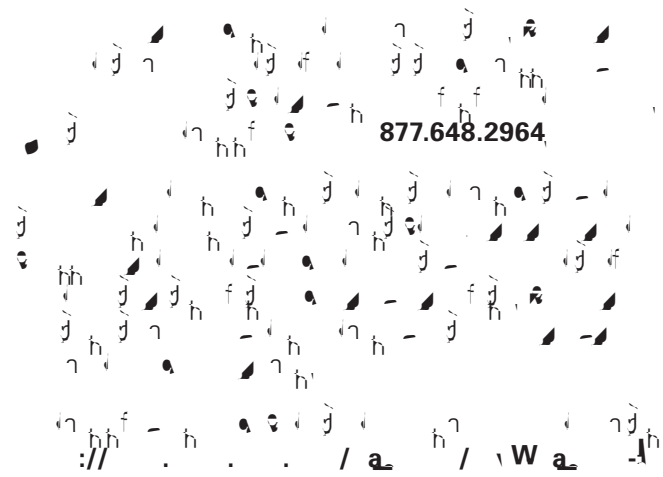
## MEDICAL CLEARANCE FOR SURGERY



## INFORMED CONSENT



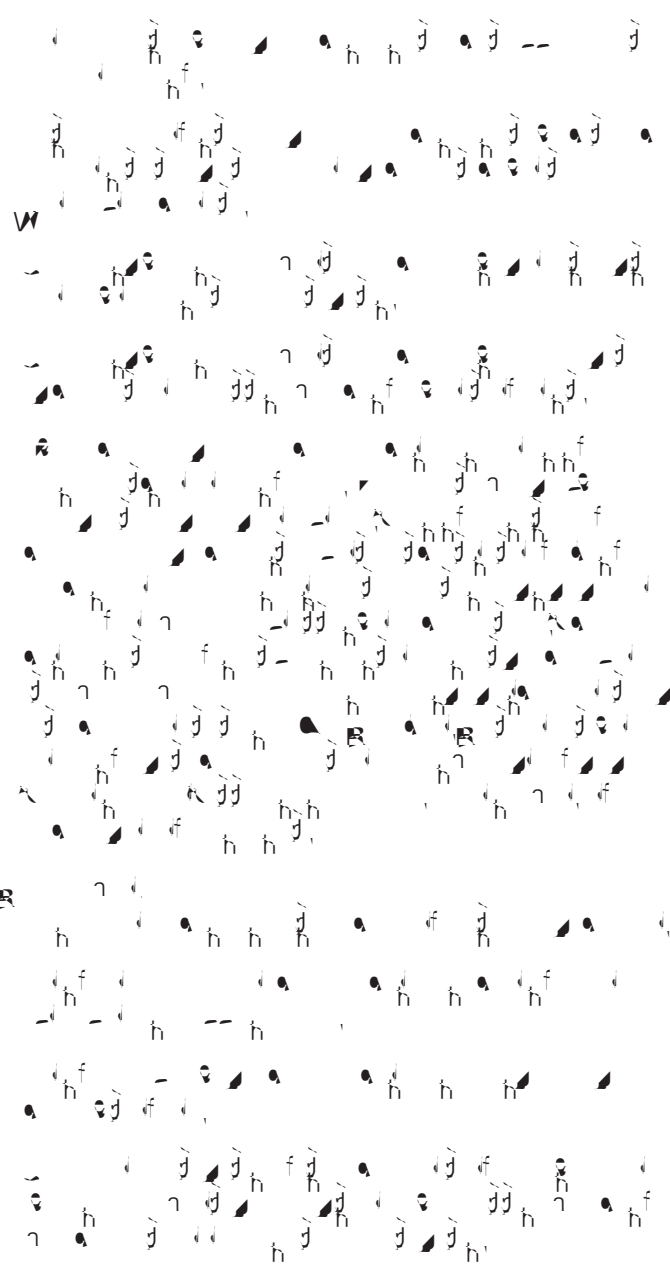
## PAYING FOR SURGERY



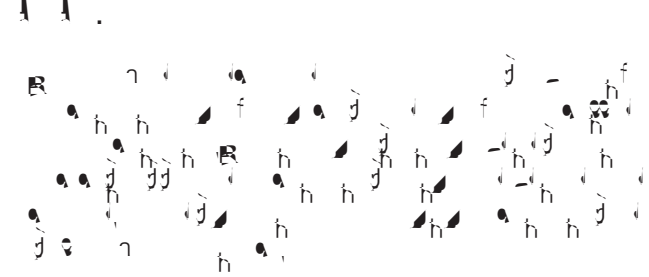




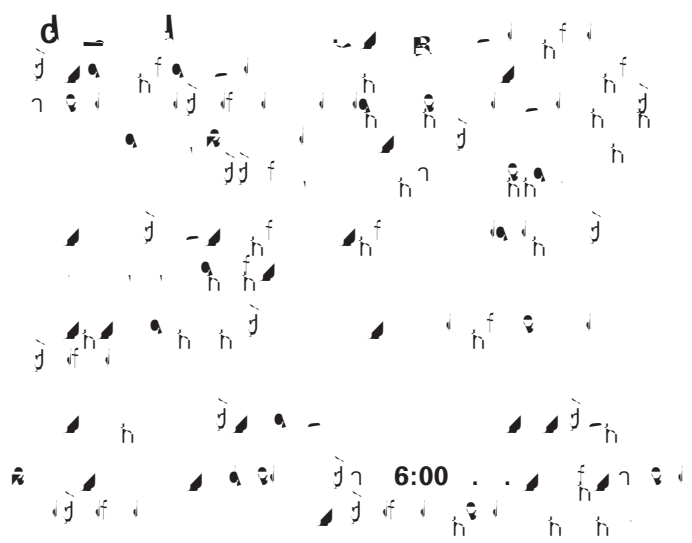
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sl a a a a a



**ONE TO TWO DAYS BEFORE SURGERY:**



212.263.1515  
212.598.6577

**DO NOT EAT OR DRINK ANYTHING OR CHEW GUM AFTER 12:00 a. (MIDNIGHT)**

Musical notation for the first part of 'The Morning of Surgery', featuring a treble clef, a key signature of one flat, and a 4/4 time signature. The notation includes various note values, rests, and dynamic markings such as *f* and *h*.

**THE MORNING OF SURGERY**

Musical notation for the second part of 'The Morning of Surgery', continuing the piece with similar notation and dynamic markings.

W a l - l a l l :

Musical notation for the piece 'Walk - all', starting with a treble clef and a 4/4 time signature. The notation includes various note values, rests, and dynamic markings. The word 'NOT' is written in bold capital letters within the notation.

# *what to expect on the day of your surgery*

Getting Here 16

What Happens Once I Arrive? 17

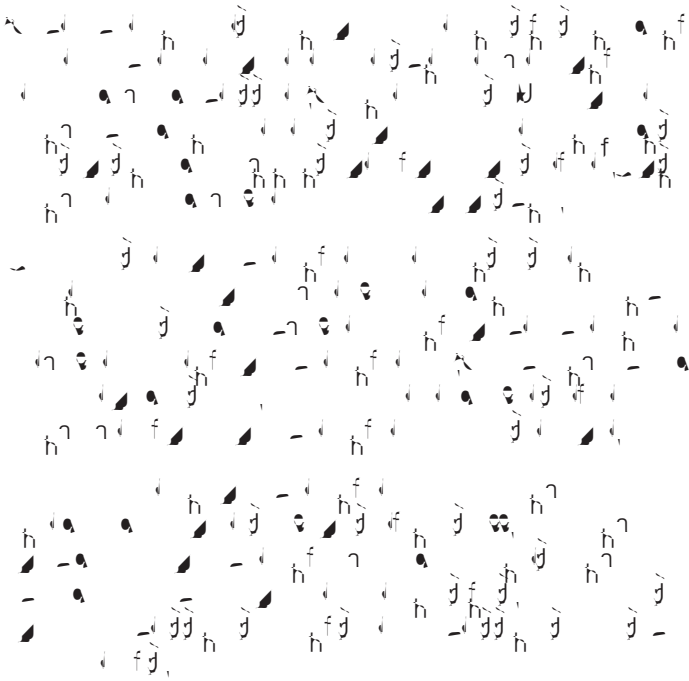
In the Operating Room 18







## PREPARING FOR THE OPERATING ROOM



## COMPRESSION SYSTEMS



# *after surgery: the road to recovery*

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Postoperative Instructions and Follow-Up 22

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Physical Therapy 26

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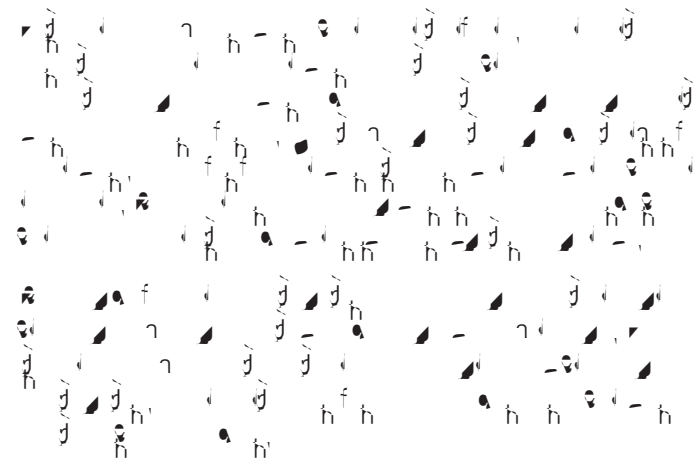
## WAKING UP



## WHAT AM I WEARING ON MY ARM/LEG?



## CONTROLLING YOUR PAIN



## STARTING TO MOVE AROUND



### TIP



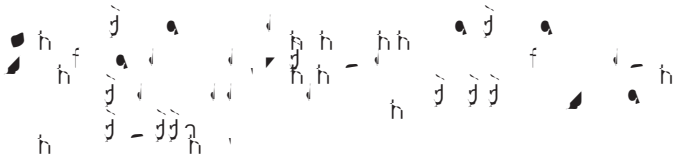
## WHEN CAN I LEAVE THE HOSPITAL?

When you are ready to leave the hospital, you will need to meet certain criteria. Your doctor will determine if you are ready to go home. You will need to be able to walk, eat, and take care of yourself. You will also need to have someone to take care of you at home. If you are not ready to go home, you may need to stay in the hospital for a few more days. Your doctor will let you know when it is safe to leave.

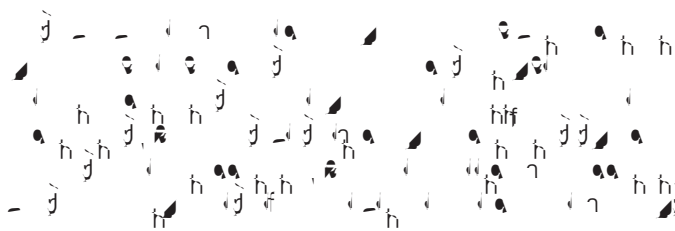
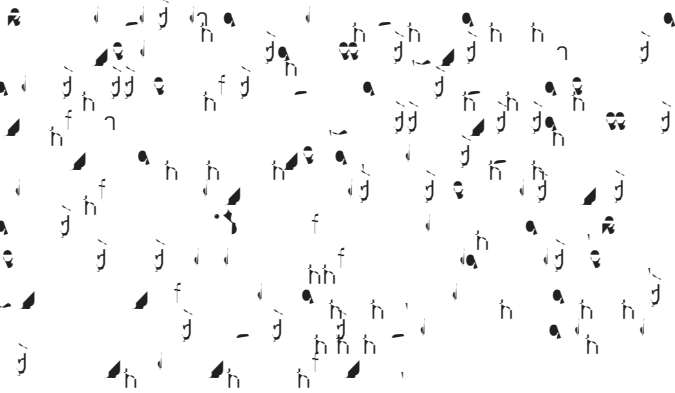
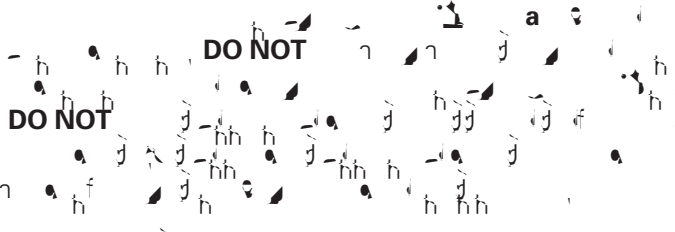
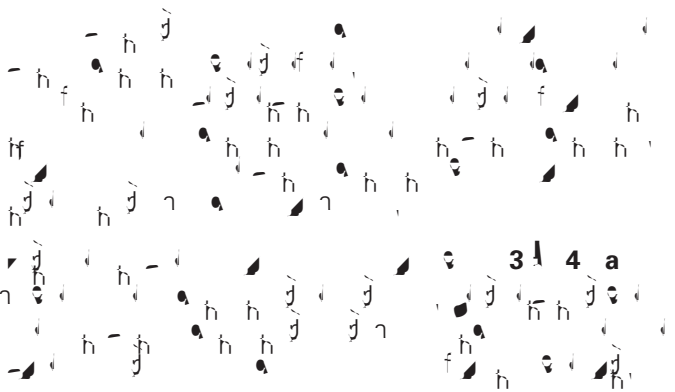
**TIP:** Make sure you have someone to take care of you at home. If you do not have someone, you may need to stay in the hospital. Your doctor will let you know when it is safe to leave. You will need to be able to walk, eat, and take care of yourself. You will also need to have someone to take care of you at home. If you are not ready to go home, you may need to stay in the hospital for a few more days. Your doctor will let you know when it is safe to leave.



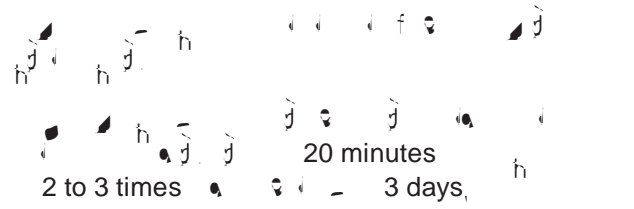
## MANAGING PAIN



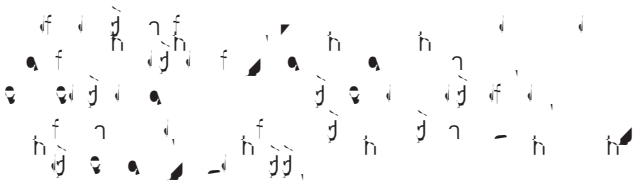
## PAIN MEDICATIONS



## ICING

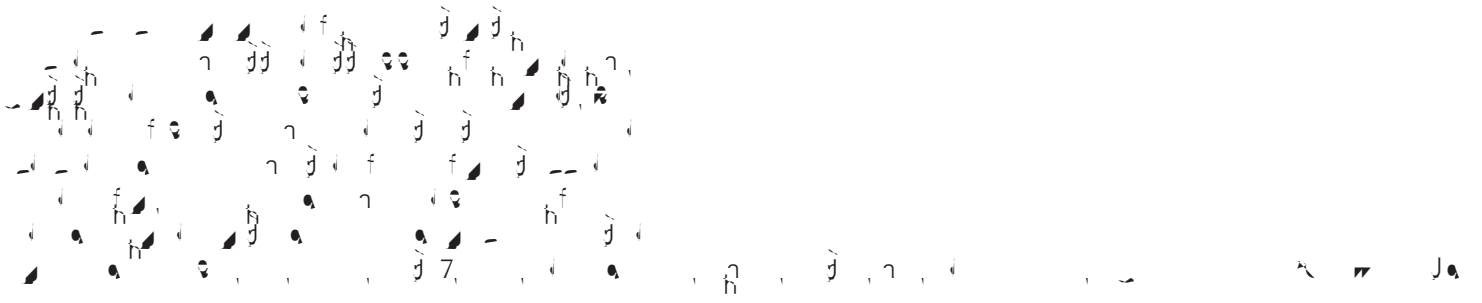


## WHAT CAN I EXPECT FOR MY RECOVERY?



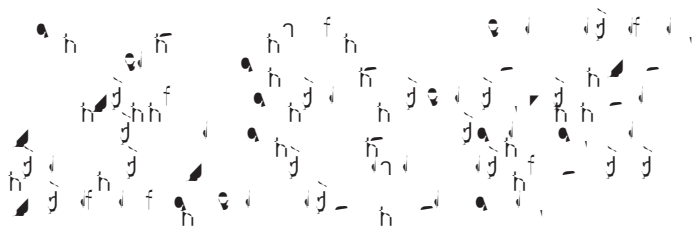


## WHY DOES MY ARM/LEG STILL FEEL NUMB?



## HOW DO I FIND A PHYSICAL THERAPIST?

**WHICH DME IS RIGHT FOR ME?**



**MEDICAL EQUIPMENT SUPPLIERS**



**CONTACT INFORMATION FOR EQUIPMENT SUPPLIERS**

1BSL "WF 0SUIPUJDT  
\$POUBDU 1IJMJQ #PHBDIVL  
1IPOF  
"WBJMBCMF POTJUF BU UIF \$FOUFS GPS .

#JP%ZOB NJD 5FDIBEÓR|ÑÜ Í4T DT

WHO PAYS FOR MY MEDICAL EQUIPMEN 0.6 43 C0.6.4(L?)30()TJETEMC /A a /MCID 14890BDC BT0 0 10 0 0 10 527

# *site information*

Center for Musculoskeletal Care 30

Hospital for Joint Diseases 31

Housing and Dining Options 32

## HOURS OF OPERATIONS

Monday through Friday

Radiology: 7:00 a.m. to 7:00 p.m.

Sports Medicine: 8:30 a.m. to 5:00 p.m.

Joint Replacement: 8:30 a.m. to 5:00 p.m.

Monday through Saturday

Rheumatology: 8:30 a.m. to 5:00 p.m.

## DIRECTIONS AND MAP

From Airports

- LaGuardia Airport: Bus transport to Grand Central Terminal (\$10–\$12). A taxi will cost about \$31n3735.ts

# Hospital for Joint Diseases

The Hospital for Joint Diseases is conveniently located at 301 East 17th Street at the corner of Second Avenue. For questions, please call 212.598.6000.

## HOURS OF OPERATIONS

7:00 AM - 7:00 PM

## DIRECTIONS AND MAP

### B B

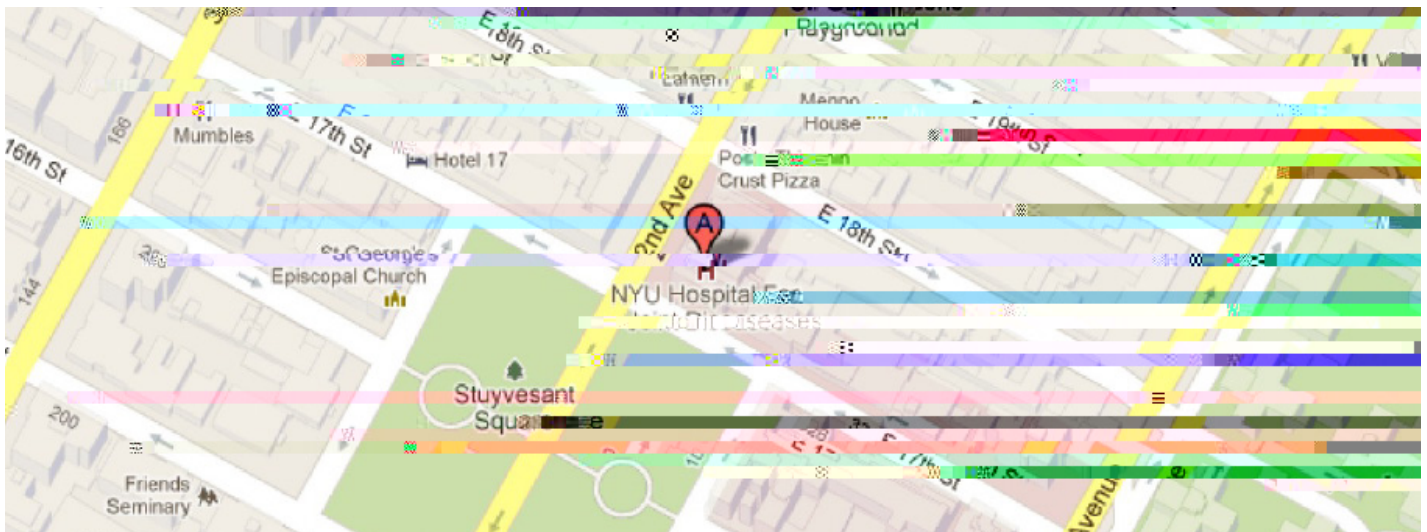
14th Street – Union Square

### B S \ W

14th Street – Union Square  
Third Avenue

## PARKING

NYU Hospital for Joint Diseases  
301 East 17th Street  
New York, NY 10003



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