



Outpatient Surgery Guide

ORTHOPAEDIC SURGERY

ortho.keckmedicine.org

Keck Medicine of **USC**

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WELCOME

We want to welcome you to the services of the Department of Orthopaedic Surgery of Keck Medicine of USC. This guide offers general information about having outpatient surgery at the Keck Hospital of USC. USC orthopaedic surgeons also perform outpatient surgery at Beverly Hills Doctors Surgery Center and USC Verdugo Hills Hospital.

Your decision to have surgery with our team of professionals is one that we truly appreciate. We recognize the importance of this relationship and strive to have you participate directly in the decision making related to your care. The medical team working with you includes orthopaedic surgeons, anesthesiologists, nurses, and medical assistants.

Please feel free to call your physician's office with questions as they arise. You can reach the office or schedule an appointment by calling (800) USC-CARE (800-872-2273). Additional information is also available on our website at: <http://ortho.keckmedicine.org>.

About USC Orthopaedic Surgery

At USC Orthopaedic Surgery, we provide our patients with exceptional medical care in treating a wide range of orthopaedic disorders offering expertise in sports medicine, joint preservation and replacement, disorders of the hand and wrist, musculoskeletal oncology, spine care, fracture and trauma care, and foot and ankle surgery.

Our focus is on our patients, and our goal is to provide the best care possible throughout Southern California and the west coast. From diagnosis to rehabilitation, we provide our patients with comprehensive services across the continuum of care so that you can return to a full and healthy life.

As faculty at the Keck School of Medicine of USC, many of our physicians also engage in medical research that directly benefits patients, while educating and mentoring a future generation of orthopaedic specialists.

WHAT TO EXPECT

Decision for Surgery

Prior to deciding to have surgery, you will have met with your surgeon and received your treatment options in detail. Depending upon your condition, various alternatives (rest, medications, injections, physical therapy) will have been tried. If these measures no longer work, surgery may be needed.

Preparations Prior to Surgery

Taking care in advance to ensure a comfortable and safe home environment for your return from surgery can ease your recovery. Depending upon your specific surgery, some or all of the items listed below may apply. Your surgeon's office can provide more specific information. Some sample suggestions are mentioned below:

Home Safety

- Clear walking **pathways** in your home, moving **furniture** out of the way if crutches or other assistive devices will be needed. Move **throw rugs** and other items that could cause you trip and fall. If needed, consider setting up a **sleeping area** on the first floor and a **shower chair** for bathing.
- Have **food** (including prepared meals), **toiletries**, **medications**, and other supplies ready.
- Invite someone close to you to **visit or stay** with you after surgery.
- Determine how you will **get to and from the surgery center** on the day of surgery (you will not be able to drive).

Preoperative Tests, Consultations, and Medications

- Follow your physician's directions regarding any **required tests**.
- Your surgeon's office can arrange any tests that are necessary. **Blood tests, x-rays, MRI and ultrasound** are usually performed at the health center unless your insurance requires that the test be performed at another facility.
- If you have another medical problem, you will need a consultation with your primary care physician and/or cardiologist to **ensure safety with anesthesia**. Your surgeon's office will help you make these arrangements.
- Check with your primary care physician about your **regular medications**. Some, such as anti-inflammatory medications should not be taken starting **seven to 10 days prior to surgery**. Check with your surgeon and primary care physician for more specifics.
- Check with your primary care physician about **medication that can be taken** on the day of surgery.
- Review **pain management** (medications, ice therapy, etc.) regimens after surgery with your surgeon in advance.
- Complete a **pre-surgical questionnaire** and participate in a **prearranged discussion** with a member of the perioperative nursing team (via phone or in person), as needed.

The Day of Surgery

All the preparations you make and questions you ask in advance of the day of surgery will help you to feel prepared and make the day itself go more smoothly. Please be sure to follow these guidelines on the day of surgery:

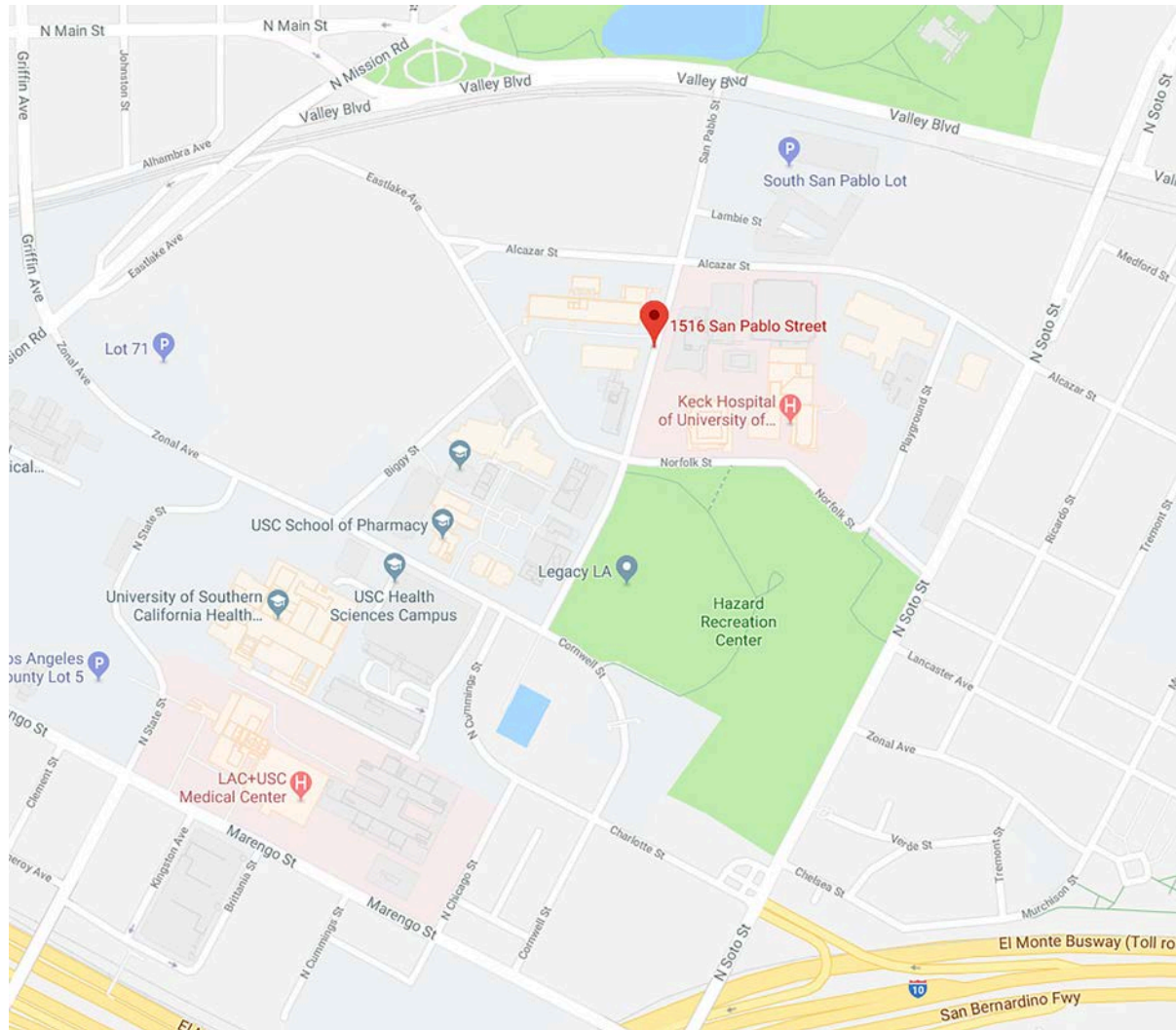
What to Do and What Not to Do

- Please check with your surgeon regarding **eating and drinking** the evening prior to and the day of surgery.
- Wear **comfortable clothing** and **no jewelry**.
- Do not wear **contact lenses**.
- Bring **insurance** and **prescription cards**.
- Bring your **list of medications and allergies**.
- **Do not drive** the day of surgery.

Directions and Parking

Directions to 1516 San Pablo Street, Los Angeles, CA 90033 can be found by clicking on the link:

<https://www.google.com/maps/place/1516+San+Pablo+St,+Los+Angeles,+CA+90033/@34.062494,-118.203114,16z/data=!4m5!3m4!1sox80c2c5df2a34df53:ox9d7c9feb1317fe5f!8m2!3d34.0624979!4d-118.2031322?hl=en-US>



Parking at Keck Medicine of USC

Valet service is on site for visitors to the Outpatient Surgery Center on the first floor of the HC3 building (Norris Healthcare Center), located in front of HC1 and HC3.

The Norris Healthcare Center HC3 building is on your left as you drive up the cul-de-sac. Additional parking is available nearby. Signs and attendants are on site.

Checking In and Out for Surgery

When you arrive at the Norris Healthcare Center HC3 building, check-in is right by the entrance. Once you have checked in, you will meet with a nurse at the surgery center.

Please have your list of medicines and allergies ready.

You will change into a hospital gown and be given an identification bracelet. Your family can stay with you until you are moved to the operating room. After your surgery, you will spend one to four hours in the recovery room for post-anesthesia care.

Once ready, you will be discharged to go home. You will be given assistance with a wheelchair to your family's car.

After Surgery

Post-Operative Visits

Depending upon your condition and the type of procedure you had, the follow-up visits will vary. There are some basic appointments to expect.

- **10 days to two weeks after surgery**, you will meet with a surgical team member for a wound check. Your home exercise program will be reviewed and you may begin physical therapy.
- **Additional appointments** will be scheduled at **six weeks, three to four months**, and later on as needed (dates depend on the procedure performed).

Physical Therapy

Physical Therapy may be needed after surgery. The timing and length of physical therapy will be reviewed with you by your surgeon.

GOAL

Our goal is to make sure that your surgical experience goes as smoothly as possible. We understand that even so-called minor surgical procedures can be stressful to patients and their families.

If you have any questions regarding your upcoming surgery or perioperative plans, please do not hesitate to contact your surgeon.



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