

Shane J. Nho, MD, MS
Midwest Orthopaedics at Rush
1611 W. Harrison St.
Chicago, IL 60612
Phone: (312) 432-2525
Fax: (708) 492-5525
www.shanenhomd.com



Gluteus Medius Repair/Hip Arthroscopy Pre Operative Instructions

Your surgery is scheduled for: _____ at,

Rush Surgicenter
1725 W. Harrison St. Ste 556
Chicago, IL
www.rushsurgicenter.org
312-563-2880

Rush Oak Park Hospital
520 S. Maple Ave
Oak Park, IL
www.roph.org
708-383-9300

Rush University Med Ctr
1653 W. Congress Pkwy
Chicago, IL
www.rush.edu
312-942-5040

Surgery time: You will be contacted by a nurse from the facility where your surgery will take place the day before your surgery to let you know what time to arrive.

Contact numbers are listed if you have not received a call by late afternoon. You will stay overnight for a 23 hour observation, unless otherwise discussed with Dr. Nho.

Insurance info: Dr. Nho's office will precertify your surgery with your insurance company. Please provide us with the most up to date information regarding your insurance. Your benefits will be verified. If you are under Workman's Compensation, written authorization will be obtained before scheduling surgery.

Pre operative testing: Dr. Nho will let you know what pre-operative testing is required when you schedule your surgery. This may consist of basic bloodwork and/or seeing your medical doctor or cardiologist. For anesthesia purposes the information MUST BE completed and faxed to the office AT LEAST ONE WEEK PRIOR TO SURGERY. If the information is incomplete or not received your surgery may be cancelled.

Plan time off of work and/or school: You will likely need time off of work/school. This varies based on the amount of time you spend on your feet, lifting requirements, commuting etc. Please submit any necessary disability paperwork/request necessary documentation from the office prior to surgery. You may fax the requested paperwork to the office to the attention of Joely. Please include the ADDRESS OR FAX NUMBER where you would like this submitted and the DATE you would like to return to work. Please plan ahead and allow 7 days for completion.

Physical therapy: should start post op day 1. Call ahead to set up your PT appointment. If post op day 1 is unavailable, day 1–4 is acceptable. Pick a physical therapy clinic near your home that you will be able to get to easily so you can be compliant with your program. If you need a recommendation for a therapist familiar with Dr. Nho’s protocol, please contact the office.

Equipment: You will receive a CPM (Continuous Passive Motion) Machine to use after surgery. Expect a call from the vendor a few days before surgery.

The vascultherm (ice machine) will be delivered to the hospital. Instructions will be given post op.

You will likely need help from family members/friends/neighbors for several weeks after the surgery. You be able to put about 20 pounds of weight on the operative leg and will need crutches/walker for approx 6–8 weeks. Many individuals rehab at home, but occasionally patients get home health help. Discuss this with those individuals that will be helping you. If you feel you need additional accommodations/help at home after surgery, please e-mail or call Allie prior to surgery.

These machines are indicated for use by Dr. Nho. Dr. Nho’s office does not assume responsibility if the equipment is not covered by your insurance. Questions about equipment use and insurance coverage should be directed to the company that provides the equipment. These companies should outline a payment plan for you in the event that your insurance does not cover the equipment. Medicare and Medicaid DO NOT cover the vascultherm (ice) machine. If you carry this insurance the ice machine will NOT be ordered for you

Medications:

Stop: Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Aspirin, Herbal supplements and vitamins seven days prior to surgery.

Limit: Use of narcotic pain medications (if you take them). This will make it easier to manage post op pain. (examples: norco, vicodin, percocet)

Contact your primary doctor: If you take Coumadin, Lovenox, Ticlid or any other blood thinners. Your doctor will need to help manage starting and stopping these medicines. Please make Dr. Nho aware if you take these medications.

Morning of surgery: If you normally take your cardiac medications in the morning, take with a small sip of water. If you are diabetic and take LONG ACTING insulin, take HALF of your AM dose.

DO NOT take the following medication the morning of surgery:

- Diuretics (or any blood pressure medications with a diuretic component)
- Oral diabetic medications
- Regular (short acting) Insulin

The night before surgery:

DO NOT eat or drink anything after midnight.

Do NOT smoke after midnight. Meds can be taken with a small sip of water. Wash with HIBICLEANSE soap and repeat the morning of surgery (available at Walgreens or CVS).

What to bring with you to surgery:

- comfortable clothes to wear home (the brace will go over your clothes)
- a friend or family member to drive you home (Rush Oak Park Hospital)
- a friend or family member to stay with you for the duration of the surgery day (Rush Surgicenter)
- a list of meds and medical problems to provide to anesthesia team
- your pharmacy number so we can call in your medications

Important Contact Information

Central scheduling: 708-236-2701

Jeannie Taylor, Administrative Assistant: (312) 432-2525

Allison Petersen, PA-C: 312-432-2388

Joely Figueroa: 312-432-2388

Office Fax Number: (708) 492-5525

After Hours/Weekend/Emergency number to RUSH fellow 708-236-2600.

CPM vendor: 312-593-0944

Vascutherm Vendor/Integrated Orthopedics:

- 888-327-8276 (to request pickup)
- 800-509-8111x18 (for service)
- 800-592-2274 (billing/benefits)