



Dr. Stephen Thon

Surgery Guide: Before and Day of Surgery

“SCHEDULED FOR SURGERY, NOW WHAT?”

Stephen G. Thon, MD
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www.AdvancedOrtho.org
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BEFORE SURGERY:

PRE-OPERATIVE APPOINTMENT

We will set up a pre-operative appointment to come back and see Dr. Thon (except in rare circumstances where we need to schedule rapidly or urgently). At this visit we will go over your surgery in detail, confirm with you the plan, sign the mandatory forms needed from the center/hospital, and fit you for any brace or sling that you may need for after surgery. This is YOUR TIME. If you have any questions or concerns that you want to address, please bring them with you so we can maximize your visit. Read through the rest of this guide as well to make you as prepared as possible.

PRE-OPERATIVE CLEARANCE WITH PCP

You may be asked to see your Primary Care Physician (PCP) prior to surgery for all major repairs, reconstructions, or joint replacements. We do this to optimize your health, medications, and medical problems before surgery to decrease the chance of having any complications from surgery or the anesthesia. This is to ward off any preventable problems during your recovery to make sure you get the best outcome possible. Occasionally, if the pre-operative evaluation shows something concerning, we may delay (but not cancel) your surgery until we can have the issue fixed or controlled.

MEDICATIONS TO STOP BEFORE SURGERY

These medications need to be stopped **7 days** before your surgery date:

Ibuprofen	(Motrin, Advil)
Naproxen	(Naprosyn, Aleve, Anaprox)
Diclofenac	(Voltaren, Cataflam)
Indomethacin	(Indocin)
Etodolac	(Lodine)
Flurbiprofen	(Ansaid)
Ketoprofen	(Ordis, Oruvail)
Nabumetone	(Relafen)
Oxaprozin	(Daypro)
Piroxicam	(Feldene)
Salsilate	(Disalcid)
Sudlinac	(Clinoril)
Meloxicam	(Mobic)
Fish Oil	
Vitamin E, CoQ10 & other supplements	

If you are taking **Coumadin, Eliquis, Plavix, Pradaxa, Ticlid, Xarelto or other blood thinners**, please contact your prescribing doctor before your pre-operative appointment or surgery date to see if you need to continue or stop these medicines.

It's okay to take:

Tylenol or Acetaminophen

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PRESCRIPTIONS AND MULTIMODAL PAIN CONTROL

We adhere to an opioid sparing/limiting approach when it comes to pain control and post-operative care. This has the benefits of fewer side effects, better pain relief, and less risk of addiction. We will provide multiple medications that work on different ways to control your pain including a heavy anti-inflammatory, Tylenol, and a muscle relaxer. You will be given a small prescription for opioids, but these are only to be used as needed for any breakthrough pain. Many patients do not ever take any opioids in their recovery process using this approach, so if you do not need them, you do not need to take them. We will send your prescriptions to your pharmacy or to the hospital pharmacy (when applicable) before your surgery so you can pick them up ahead of time.

The medications we prescribe on a regular basis for surgery are: Ketorolac (Toradol), Meloxicam (Mobic), Methocarbamol, and Oxycodone. If Dr. Thon prescribes additional medications outside of these, please take them as directed as they are needed for your specific case.

SLING/BRACE

If you will require a sling/brace for your recovery after surgery, we will fit and provide one at your pre-operative visit. Please bring these with you on the day of surgery. We will apply them to your shoulder/knee before you wake up from surgery to make sure it is protected

ICE MACHINE

You will be given the option to purchase a cold pack machine; please see the attached information and let your surgery scheduler know if you would like to pursue this option. *WE HIGHLY RECOMMEND THEM AS THEY MAKE ICING CONVENIENT/EASY, DECREASE PAIN, AND DECREASE SWELLING.* Unfortunately, this is one piece of equipment that insurance does not cover, it is ~\$200* for purchase (*price subject to change). If you elect to purchase an Ice Machine, we will provide this for you at your pre-operative appointment. This machine has a sleeve which is attached to an ice cooler. You place ice and some water in the cooler and plug this into a regular outlet. This circulates cold water through the sleeve providing pain relief and decreasing swelling after surgery. We recommend icing throughout day for the first week especially before sleep. We do recommend that you put a t-shirt or a thin towel between you and the sleeve so that it doesn't injure your skin.

SET UP FOLLOW UP APPOINTMENT

Make sure you set up your first follow up appointment after surgery. In most cases, this will be ~10-21 days after your surgery. As a general rule, we will see you at ~2 weeks after. If you need to schedule your follow up appointment(s) please call our main office line at 303-344-9090 or email the team at ThonCareTeam@occ-ortho.com.

SET UP FIRST PHYSICAL THERAPY APPOINTMENTS

Make sure you set up your first Physical Therapy (PT) appointments after surgery as well. When you start physical therapy will be highly dependent on what surgery you are having. Some surgeries we will have you start right away; others will be delayed by a few weeks afterwards. We will discuss this with you at your pre-operative visit.

LOOP HOME PHYSICAL THERAPY

Loop home physical therapy is a great option to help with your recovery. It is home physical therapy on your smart phone that can be performed on demand. It is great for the days that you do not have PT scheduled to enhance your recovery. It costs less than a single co-pay for PT at \$30/month and you can access a physical therapist/exercises on-demand, on your own time. It is optional, but a great way to keep up with your therapy/exercises on the days you do not have PT. If you would like to sign-up for Loop Home Physical Therapy click the QR code to get started.

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DAY OF SURGERY:

WHEN TO SHOW UP FOR SURGERY?

In general, you will need to show up about 2 hours ahead of your scheduled surgery time to check-in and get prepped for surgery. You will get a call from the surgery center or hospital within the week prior to your scheduled surgery date to let you know what time your surgery is and exactly when to arrive at the facility.

RIDE TO/FROM SURGERY

You **must** have a responsible adult to take you home and stay with you overnight. This should be a friend or family member. Please coordinate this prior to your scheduled surgery date. Your ride does not have to stay at the hospital the whole time you are there. We will call them after the surgery. Ride sharing (Uber and Lyft) are unfortunately not acceptable/safe to take you home after surgery. You should expect to be in the recovery room for about 1-2 hours after surgery before you can go home.

EATING/DRINKING BEFORE SURGERY

Do not take in any solid food or milk and creamer products after **midnight** the evening before your surgery or procedure, unless otherwise instructed. Up until **2 hours before the time you check-in** (at least 4 hours before your surgery time) for surgery or procedure, you may continue to drink **ONLY** clear liquids. **The ONLY acceptable clear liquids** during this time include:

- Water, Gatorade®, Juices – apple, cranberry – anything you can see through (without pulp), **No orange juice!**
- Starting **2 hours before your check-in** time, stop all liquids. This includes chewing gum or sucking on hard candy.
- TAKE only the medication you have been instructed to take with a sip of water.
- DO NOT smoke, chew tobacco, or use any recreational drugs the day before or the day of your surgery.

Please follow these instructions strictly. This will avoid unnecessary discomfort, delays, or possible cancellations for yourself (or your child), during and after your surgery or procedure.

NERVE BLOCK

If available, the anesthesia team will offer to perform a nerve block for your surgery. This is where they inject numbing medication around some of your nerves to help with pain control during and after surgery. It will make the sensation in your arm/leg go numb while in affect. It generally lasts ~12-18 hours (sometimes can be longer) and then wears off. They are very helpful both during and after surgery as it allows the anesthesia team to use less medicine during your surgery and you to recover faster.

OTHER SPECIAL INSTRUCTIONS

- Driving a car, operating machines or appliances, making major decisions or ingestion of alcohol should be avoided for 24 hours after having anesthesia.
- Please shower with anti-bacterial soap for 3 days prior to your surgery or procedure. This is to help decrease the risk of infection. The recommended anti-bacterial soap is **LIQUID DIAL GOLD** or **HIBICLENS**, this can be purchased at any grocery or drug store.
- Wear clothing that will be comfortable and easy for you to put on following your procedure.
- Please bring your **insurance card** and a **photo ID**. Also bring your **pharmacy card**, if you have one.
- Please only bring enough money to pay for your copay (if necessary).
- Please bring a list of your current medications with doses, times, and the reason you are taking them.
- **DO NOT** bring jewelry, hairpieces, contact lenses, etc. Bring a case for your glasses or hearing aids if you wear them.
- **DO NOT** wear make-up, perfume or lotion, especially on your face or the surgical site.

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ICE MACHINE: DECREASE PAIN, DECREASE SWELLING

Reduce Pain and Swelling

The DonJoy IceMan CLEAR3 is a cold therapy unit that helps reduce pain and swelling, speeding up rehabilitation and recovery. It utilizes a recirculation system which helps maintain more consistent and accurate temperatures. This circulates cold water through the sleeve providing pain relief and decreasing swelling after surgery. We recommend icing throughout day for the first week, especially before sleep.

Benefits

- Reduces pain and swelling
- Speeds up rehabilitation and recovery
- Provides consistent and accurate temperatures
- Easy to use
- Portable

Indications

- Acute injuries
- Chronic conditions
- Post-operative care
- Rehabilitation

How to Use

1. Fill the reservoir with ice water.
2. Place the cold pad on the affected area.
3. Turn on the unit and adjust the temperature to your desired setting.
4. Use for 20-30 minutes at a time.
5. We do recommend that you put a t-shirt or a thin towel between you and the sleeve so that it doesn't injure your skin.

Warnings

- Do not use on open wounds.
- Do not use if the cold pad is damaged.
- Do not leave the unit unattended.



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Advanced Orthopedic &
Sports Medicine Specialists
A CENTER OF OCC

DR. THON CARE TEAM CONTACT INFO:

Direct Phone Extension

Team Email

Eric Dusin, PA
Cassidy Cartwright
Teresa O'Bannon
Website

FASTEST RESPONSE

Physician Assistant
Clinical Coordinator
Surgery Scheduler

303-344-9090 ext. 3029

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<http://www.advancedortho.org/>
www.OCC-ortho.com

LOCATIONS:

CLINIC LOCATIONS	SURGERY LOCATIONS		
<p>Parker: 11960 E. Lioness Way Suite #260 Parker, CO 80134 303-344-9090</p> <p>Lowry: 8101 E. Lowry Blvd Suite #230 Denver, CO 80230 303-344-9090</p>	<p><i>Rose Hospital</i> 4567 E 9th Ave Denver, CO 80220 303-320-2121</p> <p><i>Mile High Surgicenter</i> 5351 S Roslyn Street Greenwood Village, CO 80111 303-221-9500</p>	<p><i>Centennial Hospital</i> 14200 E Arapahoe Rd Centennial, CO 80112 303-699-3000</p> <p><i>OCC Surgery Center</i> 135 Inverness Drive East Englewood, CO 80112 303-220-0810</p>	<p><i>Sky Ridge Hospital</i> 10101 Ridgeway Pkwy Lone Tree, CO 80124 720-225-1000</p>

SCHEDULING VISITS (CLINIC & PHYSICAL THERAPY):

OCC - Advanced Orthopedics & Sports Medicine Clinics

Phone: 303-344-9090
Fax: 303-344-1922

MRI or CT follow ups may be done via telehealth phone visits or in person (it is your choice). Please call us to set up telehealth visit AFTER you have scheduled your MRI/CT when applicable

OCC Physical Therapy – 13 locations

<https://occ-ortho.com/physical-therapy>

Phone: 1-866-506-7846

If you would like to do PT at an outside facility, please let the referral coordinator know when they call you and they will help facilitate you getting the proper therapy for after surgery

We take pride in getting you the best result possible! If you have any issues, concerns, problems, difficulties, or questions please contact us as soon as possible. Open communication is how we get the best outcome for YOU!

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