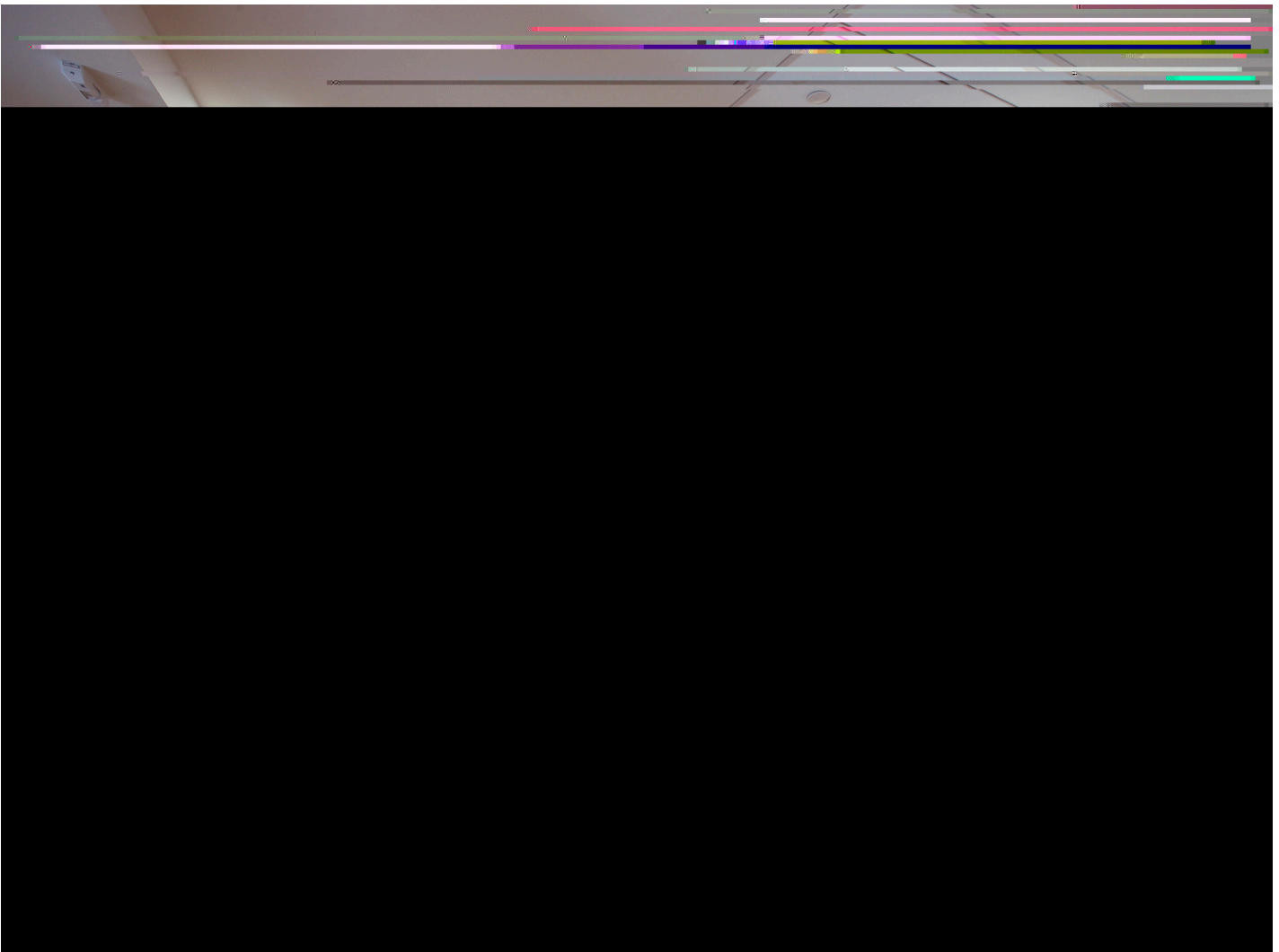


P R E P A R A T I O N G R A D U A T I O N

From Preparation to Recovery



Your Scheduled Surgery

Date of Surgery :

Surgeon :

Date of Expected Discharge :

table of contents

| | |
|---|----|
| Introduction | 5 |
| Important Contact Information | 6 |
| Before Your Surgery | 7 |
| What to Expect on the Day of Your Surgery | 15 |
| After Surgery: The Road to Recovery | 19 |
| Site Information | 29 |

Introduction

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



O i l 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

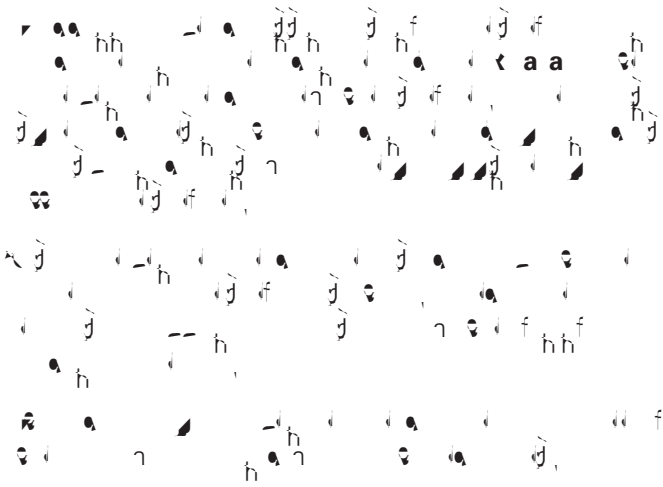
before your surgery

| | |
|----------------------------------|----|
| Your Preoperative Appointment | 8 |
| Preadmission Testing | 9 |
| Getting Ready for Surgery | 10 |
| “Countdown to Surgery” Checklist | 12 |

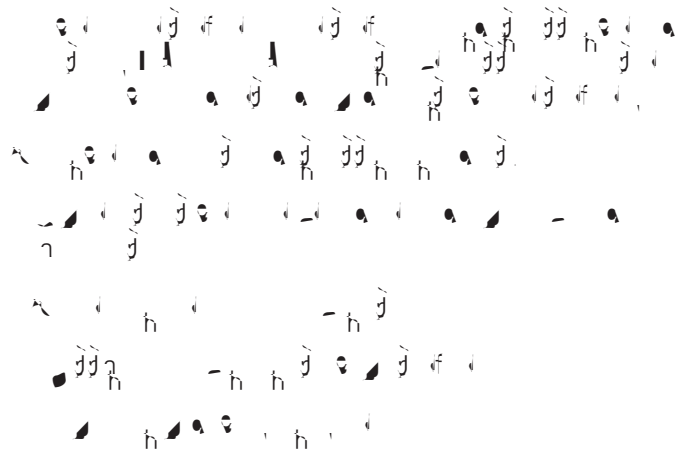
PREADMISSION TESTING (PAT)



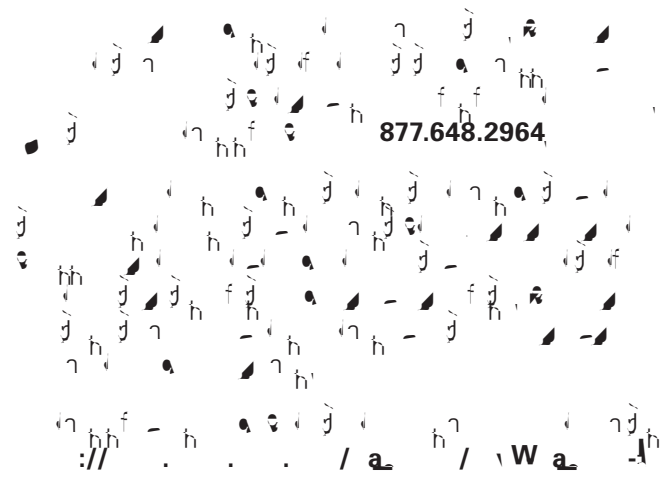
MEDICAL CLEARANCE FOR SURGERY



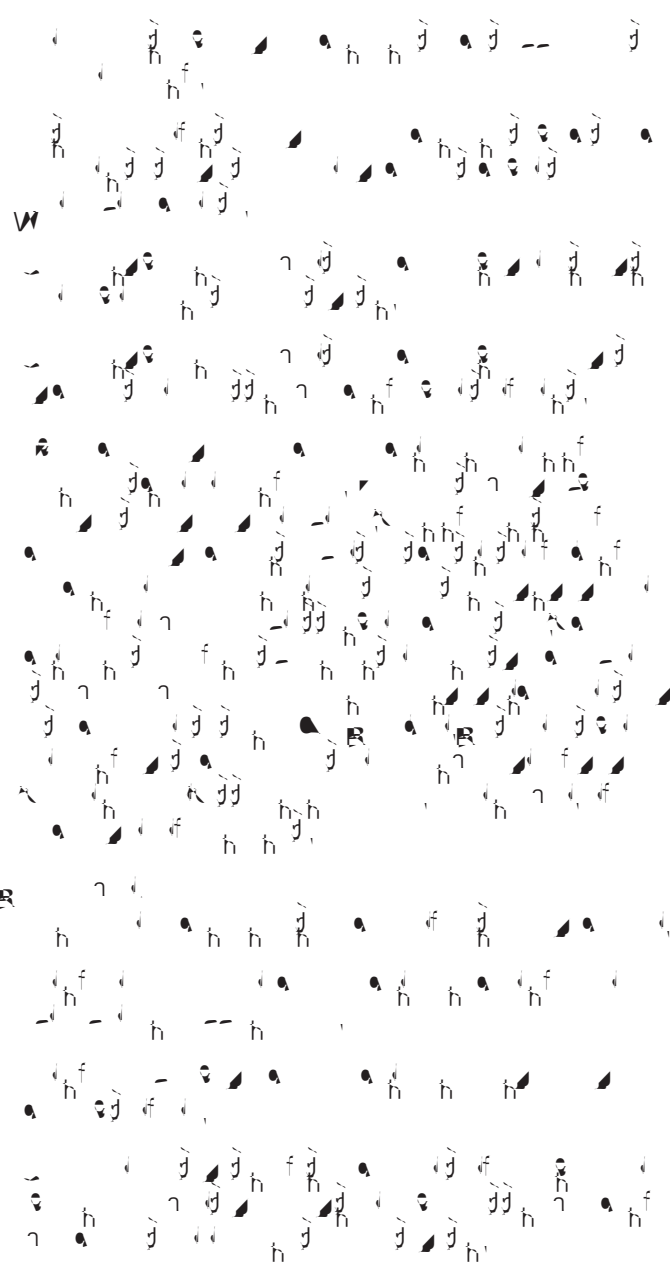
INFORMED CONSENT



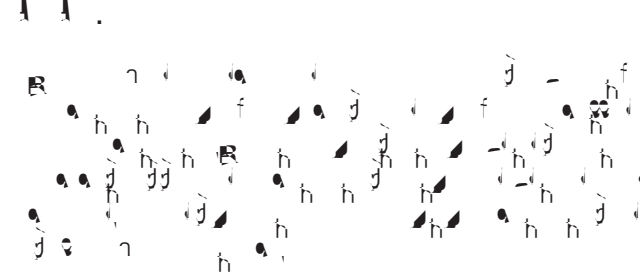
PAYING FOR SURGERY



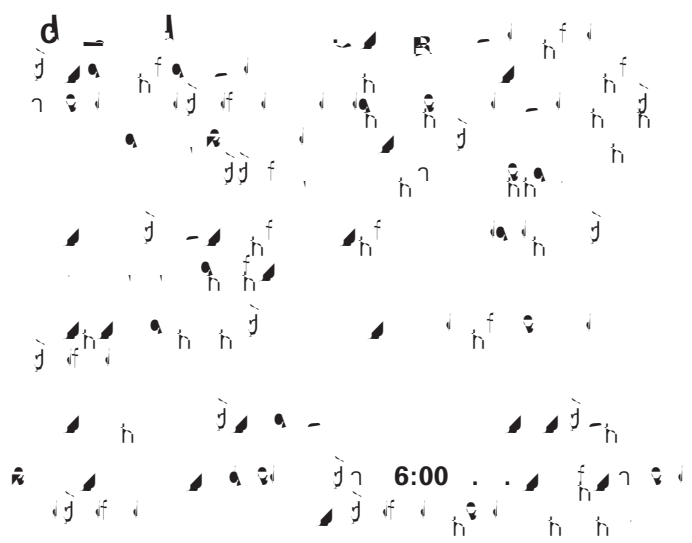
« a a .



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 notes, 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 notes, rests, and dynamic markings. The word 'NOT' is written in bold capital letters within the notation.

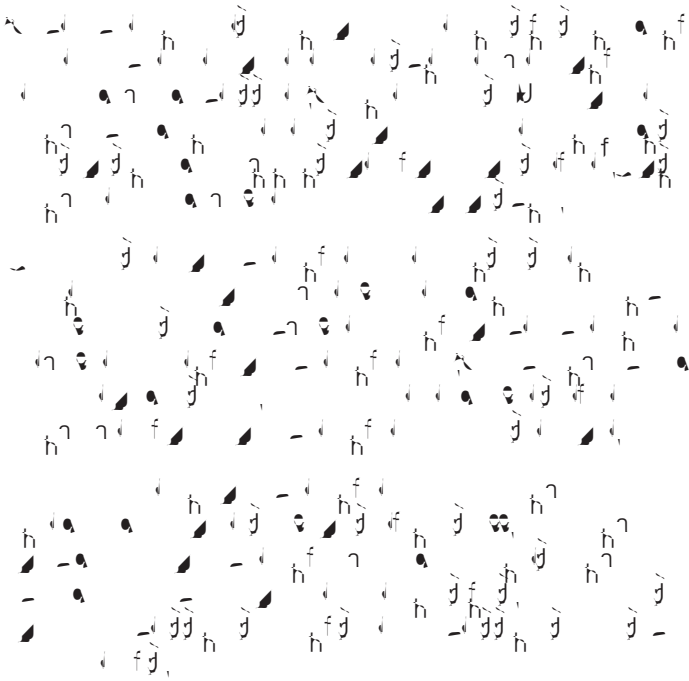
what to expect on the day of your surgery

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

What Should I Expect after Surgery Is Over? 20

Postoperative Instructions and Follow-Up 22

Recovering at Home 24

Physical Therapy 26

Durable Medical Equipment 27

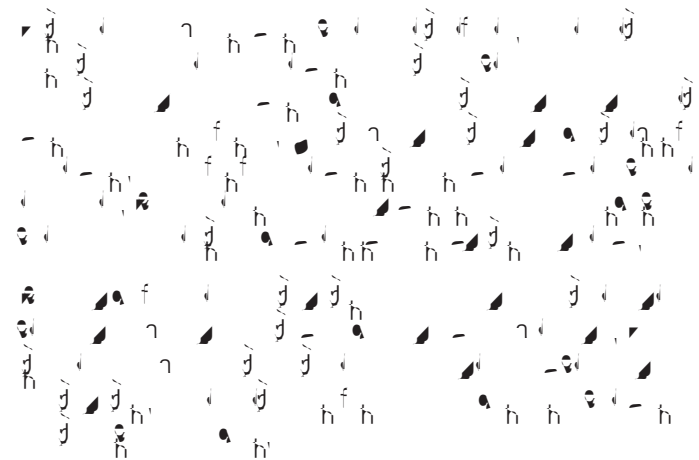
WAKING UP



WHAT AM I WEARING ON MY ARM/LEG?



CONTROLLING YOUR PAIN



STARTING TO MOVE AROUND



TIP

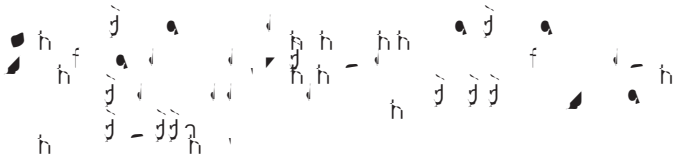


WHEN CAN I LEAVE THE HOSPITAL?

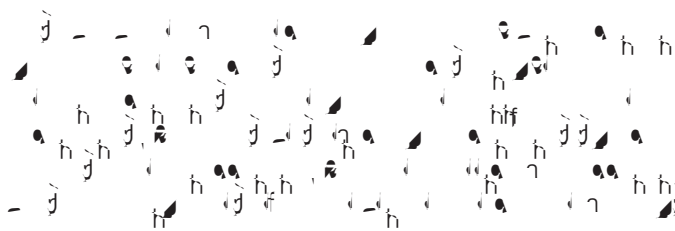
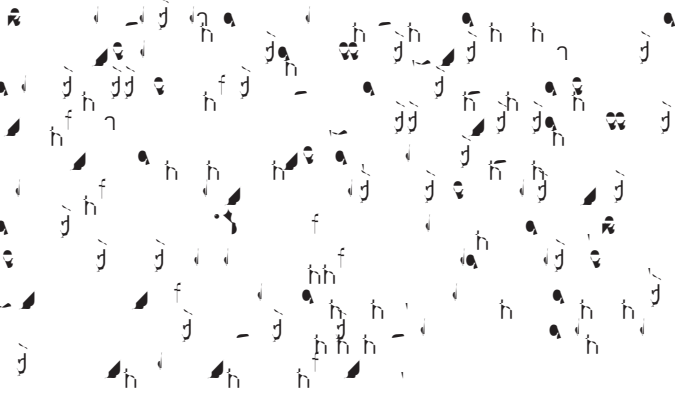
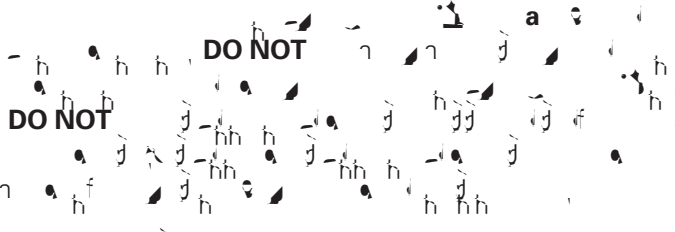
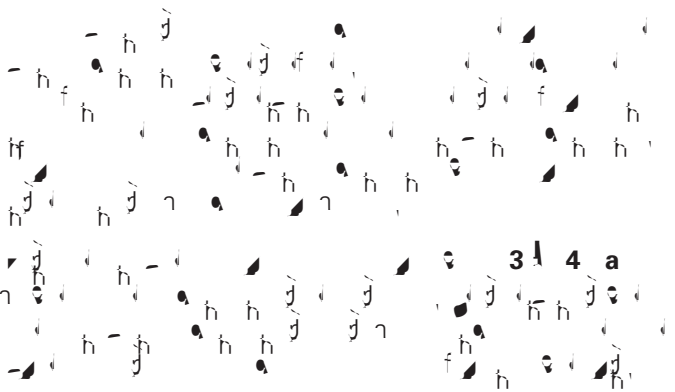
When you are ready to leave the hospital, you will need to meet certain criteria. Your doctor will determine if you are ready to go home. You will need to be able to walk, eat, and take care of yourself. You will also need to have someone to take care of you at home. If you are not ready to go home,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

TIP: Make sure you have someone to take care of you at home. If you do not have someone to take care of you, you may need to stay in the hospital for a few more days. Your doctor will let you know when it is time to go home.

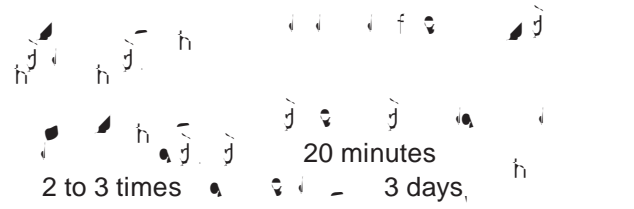
MANAGING PAIN



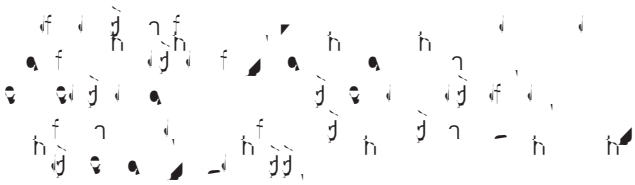
PAIN MEDICATIONS



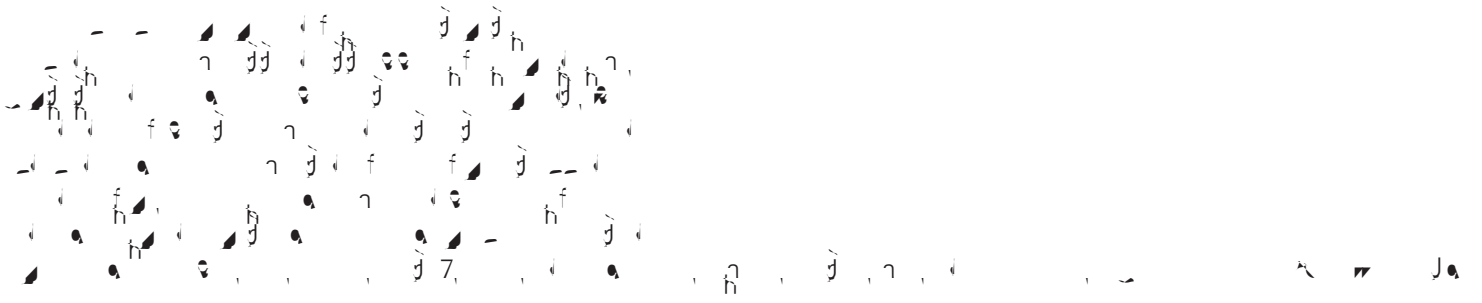
ICING



WHAT CAN I EXPECT FOR MY RECOVERY?

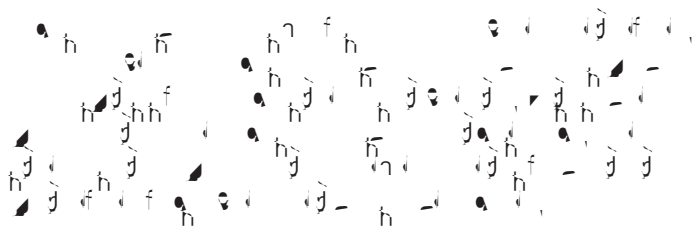


WHY DOES MY ARM/LEG STILL FEEL NUMB?



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

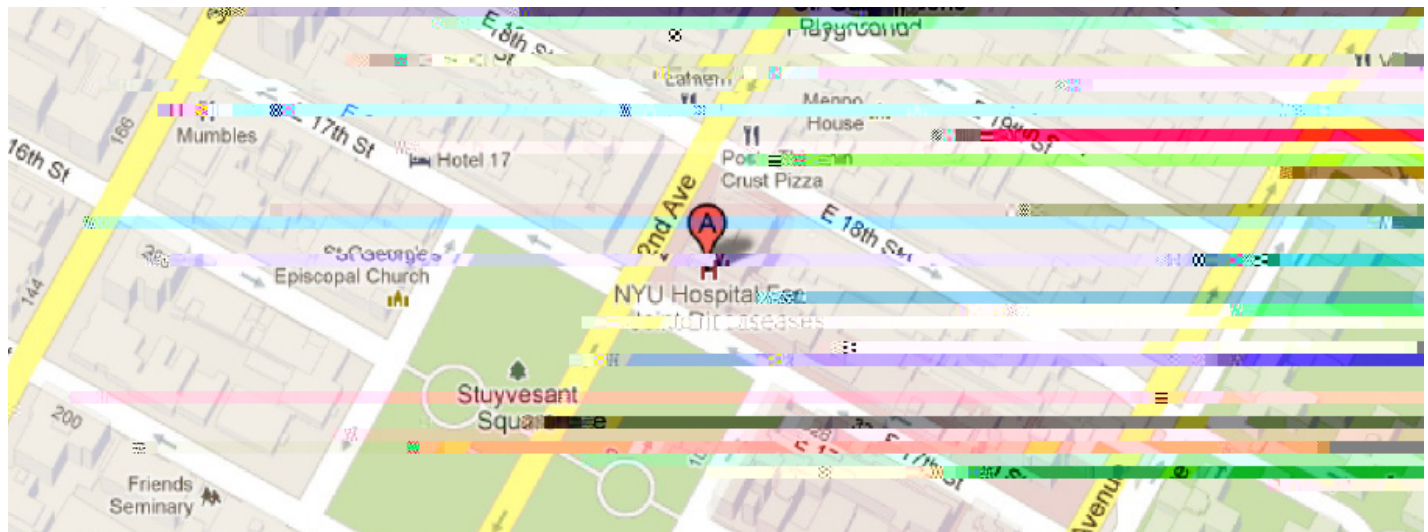
14th Street – Union Square

B S \ W

14th Street – Union Square
Third Avenue

PARKING

Stuyvesant Square
Stuyvesant High School
Stuyvesant Middle School
Stuyvesant Elementary School
Stuyvesant Community Center
Stuyvesant Park
Stuyvesant Plaza
Stuyvesant Gardens
Stuyvesant Terrace
Stuyvesant Court
Stuyvesant Lane
Stuyvesant Place
Stuyvesant Street
Stuyvesant Avenue
Stuyvesant Boulevard
Stuyvesant Circle
Stuyvesant Drive
Stuyvesant Expressway
Stuyvesant Freeway
Stuyvesant Turnpike
Stuyvesant Parkway
Stuyvesant Road
Stuyvesant Way
Stuyvesant Court
Stuyvesant Lane
Stuyvesant Place
Stuyvesant Street
Stuyvesant Avenue
Stuyvesant Boulevard
Stuyvesant Circle
Stuyvesant Drive
Stuyvesant Expressway
Stuyvesant Freeway
Stuyvesant Turnpike
Stuyvesant Parkway
Stuyvesant Road
Stuyvesant Way



WHERE TO DINE

E_ a_ l_ R_ a_ a

7
7

B a

7
7

E_ l_ E_ a_ l_ R_ a_ a

7
7

B W

7
7

A a a A_ a C_

7
7

A_ l_ P_ _ a_ & R_ a_ a_

7
7

V_ a

7
7

WHERE TO STAY

H_ l_ Ma_ a_ a_ Ea

7
7

Ea_ a_ t_ W_ H_ <

7
7

T_ N_ W_ H_ < H_ < H_ <

7
7

E_ S_ a_ Ma_ l_ T_ A_ a_ NYC

77
77

A_ a_ D_ l_ H_ <

7
7

E_ l_ <

77
7

WHERE TO DINE

La_ T_ a

777, 77

P_ l_ T_ C_ P_ _ a

7
7

B_ l_ d_ Ma

77

Q_ < NY_ G_ <

77

H_ d_ K

77

Ha_ S_

77

A_ l_ B_ a_ & B_ W

77

WHERE TO STAY

H_ < 17_ N_ W_ <

7
7

Ja_ l_ t_ W_ H_ <

7
7

U_ l_ S_ a_ l_

7
7

T_ l_ a_ l_ Ra

77

Sa_ Ma_ H_ <

7
7

G_ a_ Pa

77



