

OUR PRACTICE

For more than 60 years, Hampton Roads Orthopaedics Spine & Sports Medicine has been considered a premier provider of orthopaedic care in the Hampton Roads area. Our physicians strive to provide the best orthopaedic care to area families, including:

- Fracture Care
- Sports Medicine
- Physical Therapy
- Joint Replacement
- Minimally-Invasive Hip and Knee Replacements
- Spinal Surgery
- Arthroscopic Surgery

OUR SERVICES

In addition to quality orthopaedic care, our facility provides the following:

- On-site X-ray
- MRI
- Independent Medical Evaluations
- Permanent Partial Impairment Ratings
- Pain Management
- Physical Therapy
- Podiatry
- Wound Care
- Functional Capacity Evaluations

OUR STAFF

The professional office staff includes Licensed Physical Therapists, Physician Assistants, Registered and Licensed Practical Nurses, and Radiologic Technologists. Additionally, trained account representatives, medical secretaries, scheduling, reception and insurance personnel are available.

OFFICE HOURS & APPOINTMENTS

Our office hours are Monday through Friday, 7:30 a.m. to 5:00 p.m. We close in observance of New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas.

Our appointment personnel will set up a date and time for each office visit with your physician. A parent or legal guardian must accompany anyone under the age of 18. We ask that you call our office and notify us if you should need to cancel or reschedule an appointment.

AFTER SURGERY

You will receive discharge instructions before you leave the hospital. It is important for you and anyone assisting you to review these instructions.

Please feel free to call the office if you have additional concerns or questions - (757) 873-1554.

AFFILIATIONS

Our physicians are affiliated with Mary Immaculate Hospital, Mary Immaculate Ambulatory Surgery Center, Sentara Williamsburg Regional Medical Center, Bon Secours Maryview Medical Center in Portsmouth, and Surgical Suites of Coastal Virginia.

Thank you

for selecting **HROSM** for your surgical needs.

OUR SERVICES



JOINT
REPLACEMENT



SPINE
CARE



SPORTS
MEDICINE



FOOT & ANKLE
CARE



PAIN
MANAGEMENT



WOUND
CARE

→ NEWPORT NEWS

→ YORKTOWN

→ WILLIAMSBURG

→ SOUTHSIDE

PATIENT'S Guide TO SURGERY

OUR SPECIALIZED DOCTORS

Jon Swenson, M.D.

Mark B. Kerner, M.D.

Anthony Carter, M.D.

Alexander Lambert II, M.D.

Daniel Cavazos, M.D.

Scott Bradley, M.D.

John Aldridge, M.D.

Nelson G. Keller, D.P.M.

Adrian Baddar, M.D.

M. Jordan Brassell, D.P.M.

Hampton Roads Orthopaedics
& Sports Medicine



PHONE: (757) 873-1554 • FAX: (757) 873-3239

WWW.HROSM.COM

PHONE: (757) 873-1554 • FAX: (757) 873-3239

WWW.HROSM.COM

PATIENT'S GUIDE TO SURGERY

1. You will be called the work day before your surgery with your arrival time.
2. You may require pre-op labs prior to surgery. The need for testing is determined by age, sex, medical history, and procedure to be done.
3. You will be called by the hospital for a pre-anesthesia interview. If you do not hear from the hospital 5 to 7 days prior to surgery, please call the following numbers:

- Mary Immaculate Hospital | (757) 886-6648
- Mary Immaculate Ambulatory Surgery Center | (757) 369-7000
- Sentara Williamsburg Regional Medical Center | (757) 984-7270
- Surgical Suites of Coastal Virginia | (757) 345-4140
- Bon Secours Maryview Medical Center, Portsmouth | (757) 398-2200

- a. If you have had an EKG or chest x-ray done within the past 3 months, please fax the printed report to us, as they may not have to be repeated.
 - b. There is no preparation for preoperative labs.
 - c. All total joint recipients should begin taking a once daily multi-vitamin, that can be purchased over-the-counter, 2-3 months before surgery.
 - d. Eat healthily to build up your blood supply, and to keep your sugar level within normal range. If you have an elevated A1C, your surgery may be rescheduled.
 - e. You may continue taking your basic one-a-day vitamin until the day prior to surgery. Two weeks prior to surgery, stop taking all extra over-the-counter HERBAL SUPPLEMENTS and DIET PILLS.
4. Please check with the doctor who prescribed your medications to see which medications you should take the morning of surgery.
 - **Blood Thinners:** If you are on a blood thinner (Coumadin, Plavix, Pradaxa, Lovenox, Xarelto, Eliquis or aspirin), you must call the prescribing doctor for instructions on when to stop taking the drug prior to surgery. Blood thinners are usually stopped 5 - 7 days before surgery (under doctor's orders ONLY).
 - **NSAIDs (Non-Steroidal Anti-Inflammatory Drugs):** All NSAIDs can thin your blood and must be stopped one week prior to surgery. You may take Tylenol instead for pain. Prescription NSAIDs include Voltaren, Feldene, Daypro, etc. (a full list may be requested from the surgery scheduler, if needed). Over-the-counter NSAIDs include Motrin, Advil, Aleve, ibuprofen and aspirin.

- **Unless otherwise instructed, diabetics on insulin or oral diabetic medications should not take these medications the morning of surgery. Please bring your insulin to the hospital with you.**
- **If you are taking a hormone supplement, stop two weeks prior to surgery and do not resume until two weeks post-op.**
- **The pre-anesthesia nurse will tell you which medications to take the morning of surgery with a small sip of water. If you have questions or need to clarify these please call the hospital pre-anesthesia department.**

5. To avoid potentially life-threatening complications, **DO NOT EAT or DRINK ANYTHING** after midnight the day before surgery other than those listed above. If you do, your surgery will be canceled.
6. No alcoholic beverages are to be consumed 24 hours before or after surgery.
7. No smoking at least 24 hours prior to and after your procedure.
8. If your surgery requires the use of crutches or a walker and you have them already, bring them with you to the hospital the day of surgery.
9. **YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU TO THE HOSPITAL, STAY DURING THE SURGERY AND DRIVE YOU HOME WHEN YOU ARE DISCHARGED.**
 - **Taxi or bus transportation is not allowed.**
 - **Do not drive for 24 hours following surgery, or as your surgeon directs.**
10. Wear comfortable, casual clothing and comfortable low-heeled shoes that provide stability and support when going to the hospital on surgery day. NO sandals or flip flops.

- ➔ NO make-up
- ➔ Clear fingernail polish only, toes may have color
- ➔ NO jewelry

11. The doctor's nurse will inform you if a medical clearance is necessary from your primary care physician or other specialist. If a medical clearance is required, please get it as soon as possible. If a required clearance is not obtained, we will have to reschedule your surgery.

12. If authorization is required by your insurance company, HROSM will obtain one. If you have questions regarding your deductibles or co-pays, please call your insurance company to discuss this.
13. If your medical condition changes, you are having post-op complications, need to speak with a nurse, or need any medication refills, **please call (757) 873-1554.**
14. After your surgery, please follow your discharge orders exactly.
15. We will see you in the office approximately 7-14 days post-op. Please ensure that you have an appointment for your postoperative visit.
16. Unfortunately, circumstances may require your scheduled surgery time and/or date to be changed. This is only done in the case of an emergency. You will be notified as soon as possible if this should occur. We are truly sorry for any inconvenience this may cause and ask for your understanding and patience in this matter.
17. No surgeries or dental procedures should be performed for 6 weeks before or 3 months after a joint replacement. You should receive a prescription for antibiotics to pre-medicate for any procedures performed for one year after joint replacement surgery.
18. **FMLA or DISABILITY or AFLAC paperwork can be faxed to (757) 873-3239 or brought to the office front desk. There is a \$10 fee to fill each set out.**



**FOLLOWING SURGERY,
TAKE IT EASY!**

