**Periacetabular Osteotomy and Arthroscopy Surgery Preparation**

These are some of the best questions I have asked before any of my surgeries to ensure that I have the best outcome as possible. Always ask these questions during your consult or at least a few weeks before the surgery. Do not wait until the day of the surgery to ask these questions as the surgeon may be more reluctant to try to answer everything.

* Walk me through the surgery day. What should I expect pre and post-surgery?
	+ Tell me the methods you will use during my surgery
* Is my surgery a difficult fix? Easy fix?
* How often have patients come back to you with complications/issues post-surgery?
* When will I get to speak with you next pre-surgery and post-surgery?
* How long should my surgery take? Length of stay in the hospital (total)?
* What types of complications could occur?
* Is there anything I absolutely should not do post-surgery?
* Anything to minimize scarring?
* What items are best recommended for my house to ensure best recovery?
* How often have you had to do a blood transfusion? How much blood have people lost during the surgery?
* How are you closing up my incision? What types of sutures?
* What happens if I have any allergic reaction to anything?
* Can you prescribe me benedryl for the morphine itchiness?
* Will you use a bladder catheter? Can I opt out of the bladder catheter? Alternatives to bladder catheter?
* How long should I expect my recovery to take? When should I start feeling like myself again?
* If I need to get my screws removed for any reason, will you be able to remove them even if they break?
* Can I get a number to contact if I start experiencing emergency symptoms? What types of symptoms would not be normal post-surgery?
* How much pain should I expect to be in knowing it varies from person to person post-surgery, 1 week out, 2 weeks out? At one point, would I know that something is wrong?
* How do you recommend I deal with nausea and constipation in the recovery phase? Can you give me zofran, scolopmine patch, stool softeners, and laxatives?
* Tell me about your pain management system. What are the pain medications that you prescribe immediately after post-surgery and in the next weeks to come?
* When can I start sleeping on my side?
* When can I start driving?
* When can I start leaning over to pick things up?
* When can I start being sexually active again?
* When can I get a handicap sticker?
* When will I start physical therapy?
* Do you do nerve blocks for pain management?
* Can I take an anti-anxiety med before intake? (Valium, ativan)

**Item List**

* **Mobileg crutches on Amazon and Walker**
* **Shower chair** and shower mat to prevent slipping – After having gone through two surgeries, you could probably get by with a chair that can get wet. I did not need the shower mat either.
* **Multiple ice packs**
* **CPM machine, DVT machine,** and ice machine – surgeon should set you up with these – I did not end up using the ice machine as I found it hard to get into.
* **Grabber** – helps you reach out of reach items
* Leg lifter- you will not be able to lift your leg for five weeks minimum – I was not able to use it for some reason. Just didn’t work for my body.
* Bed pan or bedside commode- I found the bedpan to be sufficient enough
* Dry shampoo
* **Long iphone charger** – great for the hospital
* **Extra pillows and blankets- you will be very uncomfortable for the first few week**s
* **Stool softeners and milk of magnesia f**or the first week

**Extras: May be useful** but not imperative

* Healthy nutritional foods; Chicken broth, proteins, yogurts, lots of vegetables, fruits, legumes
* Sticky socks so you don’t have slide around on the floor
* Ensure protein drinks (handy to have several with you)
* Several water bottles or tall cups to ensure you are drinking enough throughout the day and it’s easier to fill multiple at once. Make sure they won’t be a dangerous hazard if they fall- plastic might be better for the first two weeks.
* Extra bandages just in case- ask surgeon for best kind if needed (I didn’t need any but I had some anyways)
* Lip balm – lips can get very dry after being under anesthesia
* Tea for sore throat after being intubated
* **Heat pack for sore muscles**
* Long computer charger
* List of things to do to keep yourself preoccupied at home if you get tired of laying around

**What I brought to the hospital:**

* Several changes of comfy clothes and pajamas – didn’t need any of them as I kept the gown on the whole time
* Large underwear so my incision didn’t rub against clothing
* Toothbrush and toothpaste
* Comb
* Extra water bottles in case the staff were slow to fill my water- had no issues there
* Lip balm
* Deodorant
* All medications
* Phone, Phone charger, Laptop, and Laptop charger – The first two days all I did was sleep

**Best recommendations:**

* You need someone to take care of you for six weeks. The first two weeks you will not be able to lift your leg on the bed at all on your own, or shower.
* Request the IV to be in your forearm. When they make you walk the day after surgery, the IV pressure on your hand will hurt.
* Request a scopolamine patch for nausea if the Zofran isn’t working.
* Eat protein ­– your body is running a marathon.
* Do your exercises twice a day if not three times.
* Most surgeons do different types of pain protocols – epidural, PCA pump, nerve blocks etc.

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