



## Combined Hip Preservation Surgery: Hip Arthroscopy and Osteotomy Pre-Operative Instructions

### Surgery Scheduling

- Our clinical liaisons will contact you to schedule your surgery date.
- Due to high demand, our surgeons' schedules typically book **2-3 months in advance**.
- If you do not hear from our scheduling team within **2 weeks**, please reach out to confirm your appointment.

### Health Clearance for Surgery

- **Medical clearance** is required within **2 weeks - 30 days** prior to surgery.
- **Pre-admission Testing** Once your surgery is scheduled, a member of the Preadmission team will reach out to you.
- If you are **outside the Denver-metro area**, you can get clearance from your **primary care physician**. Please have all documentation faxed to our team.

### Surgery Preparation

- This is an **inpatient procedure**, and you will stay at the hospital for **at least one night** after surgery.

### What to Bring:

- Insurance card and photo ID
- List of regular medications and doses
- Comfortable clothing (e.g., sweatpants)
- Crutches (You are responsible for purchasing or renting crutches and/or a walker prior to your surgery.)
- Hip brace
- An extra bag for equipment and postoperative instructions

### Pre-Surgery Guidelines:



- **Discontinue NSAIDs, vitamins, minerals, and supplements** one week before surgery.
- **Cancel dental appointments for 6 weeks before and after surgery.**
- **Stop taking oral contraceptives (OCPs) 4 weeks before surgery**, as they increase the risk of blood clots.
  - **IUDs or Nexplanon** do not need to be removed.
  - You may resume OCPs **2 weeks after surgery**.
- **Stop semaglutide or tirzepatide** (Ozempic/Mounjaro/Wegovy) **one week before surgery**.
- If you take **metformin** and are diabetic, consult with your **PCP/endocrinologist** about when to discontinue and resume the medication.
- Notify the surgical team if you have a **bleeding or clotting disorder**, or have been diagnosed with a **blood clot**. If under the care of a **hematologist**, inform them of your upcoming surgery.

For more information, please visit [www.HipPreservation.org](http://www.HipPreservation.org) or contact our team directly.