



## Surgery Checklist (Combined Hip Arthroscopy and Ganz Osteotomy)

Use this checklist to keep your surgical information organized!

**Surgery Location:**

**Surgery Date:**

**Surgery Time:** (You will be notified the business day before surgery)

**Time to Stop Eating and Drinking Before Surgery:**

**Pre-Admission Testing Appointment:** (Must be completed within 30 days of surgery)

**Hip Brace Fitting:**

○ **Date:** \_\_\_\_\_

○ **Time:** \_\_\_\_\_

○ **Location:** \_\_\_\_\_

**CPM Machine Delivery:**

○ **Date:** \_\_\_\_\_

○ **Time:** \_\_\_\_\_

**To Complete Before Surgery:**

**Schedule Physical Therapy Appointments** (Start 1 week after surgery)

**Obtain Crutches or Walker**

**Complete PatientIQ Forms**

**Prior to Surgery, Discontinue or Notify Our Team If You Have Questions:**

**Discontinue the Following Medications One Week Prior to Surgery:** NSAIDs, vitamins, minerals, supplements, semaglutide or tirzepatide (Ozempic/Mounjaro/Wegovy)



- Cancel Any Dental Appointments** 6 weeks before and after surgery
- Discontinue Oral Contraceptive/Birth Control Pills (OCP)** 4 weeks prior to surgery to minimize blood clot risk. If you have an implantable form of birth control (IUD or Nexplanon), it does not need to be removed. Resume OCP 2 weeks post-surgery.
- If You Are Diabetic and Take Metformin, Consult Your PCP/Endocrinologist**  
Regarding When to Discontinue and Resume This Medication.
- Notify the Surgical Team If You Have a Bleeding or Clotting Disorder** or if you have a history of blood clots. Inform your hematologist about your upcoming surgery.