

**BENJAMIN G. DOMB, M.D.**  
HINSDALE ORTHOPAEDIC ASSOCIATES  
ORTHOPAEDIC SPORTS PERFORMANCE INSTITUTE  
LOYOLA UNIVERSITY STRITCH SCHOOL OF MEDICINE

**Hip Arthroscopy Surgical Experience Packet**

As your Orthopaedic surgeon, Dr. Domb and his team work very hard to make your operative experience go as smooth as possible. We understand that the preparation and recovery processes can be challenging and tiresome if you do not have adequate information to prepare or help at home to recover. This packet is designed to help guide you through your surgical experience from beginning to end. Its objectives include:

**CONTENTS**

1. Surgical Team
2. Pre-Operative Checklist
3. Day of Surgery
4. Post-Operative Care
5. At Home Following Your Surgery
6. Important Phone Numbers and Maps

**Surgical Team**

**Benjamin G. Domb, M.D.**

Dr. Domb is an orthopaedic surgeon specializing in surgery of the shoulder, hip and knee. He is a fellowship-trained expert in sports medicine, including repair and reconstruction of ligaments, cartilage and tendons. He is the team leader in the operating room whose job is to ensure that everyone involved performs his/her job to their fullest ability in order to provide you with a safe and successful surgical experience. He performs the surgery himself and personally oversees every aspect of your care.

Your surgical team will also consist of anesthesiologists, registered surgical nurses and physical therapists. Each individual is important in your care and will provide their expertise to optimize your surgical and rehabilitative experience.

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**PRE-OPERATIVE CHECKLIST**

In order for your surgical experience to proceed smoothly, each of the following objectives must be met prior to the day of your procedure.

- ***Pre-operative testing:*** For all patients who are **50** years old and over or have a history or family history of cardiac or pulmonary disease may require additional testing to ensure your safety before, during or after your procedure. A consultation with your medical doctor and/ or any specialists involved in specific care will be required and a letter of medical clearance must be received by Dr. Domb's office **2 weeks prior to having your procedure.**
- ***Discontinuing Medication Before Surgery:*** Some patients have a very extensive medication history and therefore, each case will be handled on an individual basis. *These concerns can be discussed with the pre-surgical nurse that calls you before surgery from the facility.*
- ***For ten days prior to surgery*** it is necessary to stop taking the following medicines unless otherwise directed by your medical physician:
  - All anti-inflammatory medicines (Aleve, Advil, Motrin, Ibuprofen, Voltaren, Naprosyn, Celebrex, Etc.)
  - Nutritional supplements (Vitamin C, Ginseng, Ginko Biloba, Garlic and Ginger)
  - Consult with your prescribing physician for the appropriate and safe discontinuation of any medication before surgery, particularly the following: Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox and/or any other blood thinning medication you may be taking. These medications need to be safely discontinued at very specific times before surgery. Some medical conditions can be life threatening if these medicines are stopped without appropriate timing and precautions.
- A brace will be provided and fitted specifically for you. *This should be brought into the operating room with you on the day of surgery, as the post-op nurses will put it on you after the procedure.*
- Please bring crutches with you to the hospital. If you do not have crutches, they will be provided the day of surgery at the hospital.
- ***A Registered Nurse will call you*** at least one day prior to surgery (Friday for a Monday procedure) to inform you of the time you are required to arrive at the surgery center or hospital, to discuss your specific preparations for surgery and to answer any questions you may have. *Surgery times and patient order is decided by the hospital the night before according to the Operating room schedule. If you have not heard from a nurse by 3pm the day before surgery, please call the surgical center or hospital to inquire.*

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The contact numbers are provided with the directions to the surgical center and hospitals at the back of this packet.

- ***Polar Care*** is a company that Dr. Domb uses for post-operative care devices. All patients will receive an icing machine meant for pain control and management of swelling. This will be put on you post-operatively, you will go home with it and it is yours to keep. (( Hinsdale Hospital and Good Samaritan Hospital))
- ***CPM:*** Some patients will also receive a CPM (Continuous Passive Motion) machine. This will be used for 4 hours a day, 7 days a week, which may be broken up in any way you choose for 8 weeks. (Hip scopes & ACL reconstructions).
  - MedWest will be contacting you at the number you have provided to us in regards to delivering and setting up the CPM at home the day prior to your surgery. For our hip patients, the CPM machine will be set for 120 degrees of knee flexion which is 90 degrees of hip flexion.
  - However, if you have a stationary bike at home, you may use this *instead* of the CPM. A stationary bike will be used 2 hours a day at zero resistance, 7 days a week, instead of 4 hours with the CPM for 8 weeks.
- ***Follow the Fasting Instructions*** provided to you by your pre-operative telephone call. Refrain from any food or drink after 12:00 midnight the night prior to surgery. This is necessary to ensure your safety during surgery with anesthesia. If you are taking any oral medications for other medical reasons, you will be counseled on which medications to take the morning of your procedure with sips of water. If you are a diabetic, do not take any medication for your diabetes, unless otherwise instructed to by your medical physician.
- ***Arrange for transportation home following discharge.*** You will not be permitted to drive yourself. Your surgery will be cancelled if this is not arranged.
- ***Schedule your first physical therapy session.*** For most surgeries, post-operative physical therapy will begin the very **next day** after surgery, so please make sure this is arranged as well. Your physical therapy prescription will be provided to you the day of surgery. **Do not forget to bring your physical therapy prescription to your first visit.** You will be attending physical therapy for three times per week for eight to twelve weeks. This is subject to change on a case by case basis.
- ***Weight Bearing Instructions:*** For the first two weeks of your recovery, you will be 20 lbs flat foot weight bearing, which means you will be placing 20 lbs of pressure on your hip. It is recommended to use a scale at home and place the involved extremity onto the scale and place pressure downward to 20lbs to get a better idea of how much weight is

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being utilized. \*\*This is subject to change in the event a microfracture is done you will be on crutches for 8 weeks, and if a gluteus medius repair is preformed you will be on crutches for 6 weeks \*\*

- ***Brace instructions:*** You will wear your brace at all times (sleeping included) except for physical therapy, showering, and while using the CPM or stationary bike. If you have a standard hip scope, plan to be in the brace for 2 weeks time. However, if you have had a gluteus medius repair then this is extended to 6 weeks.



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**DAY OF SURGERY**

Here is what you can expect on the day of surgery:

- You will arrive at your surgical facility at the pre-determined time. If there is a time change on the day of surgery, you will be contacted at the number you previously provided. A receptionist or nurse will greet you and direct you to the pre-operative unit. Please take brace with you into **the operating room**. Family members or your designated contact person will be directed to the waiting room to remain during your surgery.
- An RN will then guide you to the pre-operative unit. Here you will be asked to change into a gown and be prepared for surgery.
  - The site of surgery will be shaved and prepped.
    - Do NOT shave yourself anywhere on **your surgical extremity** for at least 3 days prior to surgery. Recent scrapes or cuts can be a source of infection.
    - Alert the RN of any allergies that you may have (penicillin, latex, iodine/shellfish)
  - The RN will review your medical history with you and confirm the procedure and surgical site.
  - An IV will be inserted for access, fluids, antibiotics and medications.
- Introductions to the surgical team will take place.
- Dr. Domb will see you prior to anesthesia to answer any last minute questions, re-examine and sign the surgical site.
- The Anesthesiologist will review your medical history and explain the methods for anesthesia and the risks and benefits involved.
- A nurse will escort you to the operating room where you will be asked to position yourself on the operating room table. The surgical team will be there and will adjust your position, , warming blankets, compression stockings, and ensure that all body parts are safely positioned and well-padded.
- After surgery is completed, you will be taken to the recovery room by the anesthesiologist and the nurses while Dr. Domb will go to the waiting room to speak with your family or designated person.
- In the recovery room, you will be closely monitored by an experienced recovery room nurse. As you wake up from the anesthesia, you will be transferred to a private second phase recovery room where your family or designated person will be able to see you.

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**IMMEDIATE POST-OPERATIVE CARE**

Depending on your surgical procedure, you will either be discharged to home by the anesthesiologist or admitted for further evaluation. Although this may be planned in advance your post-operative observation may make a hospital stay advisable for pain relief or other medical reasons. This will be decided with Dr. Domb after the procedure.

When the anesthesiologist and the recovery room nurse have determined it is safe for discharge to home, the nurses will go over a series of instructions and materials to ensure you are prepared for the next step in your recovery. The Recovery room nurse will also provide you with a post-op prescription from Dr. Domb for pain medication. Other materials given to you will include:

**General Post-Op Instructions**

- Wound care instructions
- Sling, brace or splint instructions
- Weight bearing and activity restrictions and/or instructions
- Bathing and showering instructions
- Signs and symptoms of infection to look for and emergency numbers to call

**Pain Medicine Prescription**

- Pain medicine prescription and directions for usage will be provided following surgery.
- Take as directed and do not take additional Tylenol as it is present in most pain medications.
- Do not mix pain medicine with alcohol or other sedating drugs
- Start your medicine as soon as you have pain, when the regional anesthetic begins to wear-off, or just before bed, whichever comes first. Early signs that the anesthetic block is wearing off are the return of sensation and movement in your operative extremity.

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**AT HOME FOLLOWING YOUR SURGERY**

It is common to have the following reactions after surgery:

- Low-grade fever (100.5 F) for about a week
- Small amount of blood or fluid leaking from the surgical site
- Bruising, swelling and discoloration in the involved limb or adjacent areas of the body.
- Mild numbness surrounding the wound site, possibly for 6-9 months

***The following reactions are abnormal.*** If you should have any of the following symptoms, please contact Dr. Domb or go to the nearest emergency room:

- Fever of > 100.5 F
- Progressively increasing pain
- Excessive bleeding
- Red, swollen, or painful calf and/or increased numbness or tingling in your foot
- Persistent nausea and vomiting
- Excessive dizziness
- Persistent headache
- Red, swollen, oozing incision sites
- Shortness of breath

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**Always feel free to call Dr. Domb's staff if you have any questions or concerns.**

Contact Emily, Dr. Domb's Surgery Scheduler at (630) 455-7130 or [emilia.solorzano@hoasc.com](mailto:emilia.solorzano@hoasc.com) for:

- Surgery scheduling
- Insurance precertification
- FMLA/ disability paperwork

Contact Nadine, Dr. Domb's Clinical Assistant at (630) 920-2378 or [nadine.oostman@hoasc.com](mailto:nadine.oostman@hoasc.com) for:

- Any non-urgent medical questions
- Brace questions/ DME questions
- Clinical questions
- FMLA/ disability paperwork
- Scheduling issues

**\*\*\*For any urgent medical questions after business hours**

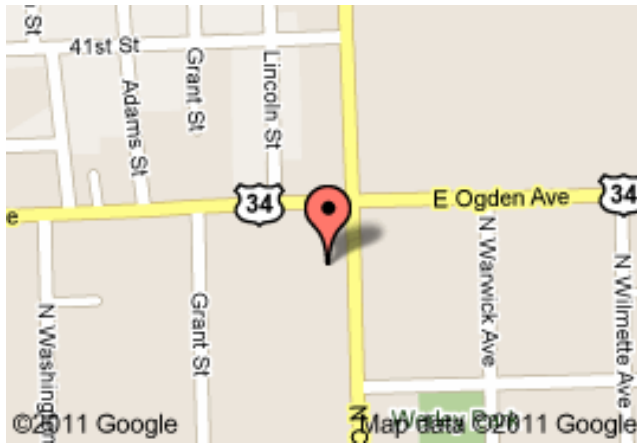
- Please call our main line at (630) 323-6116 and the answering service will contact the Doctor on-call\*\*\*

**\*\*\*For any medication questions or refill request**

- Please call your pharmacy and ask them to fax Nadine a refill request to (630)323-5625. Refills are authorized Monday – Friday 8am-4 pm but may take up to 48 hours to be authorized.



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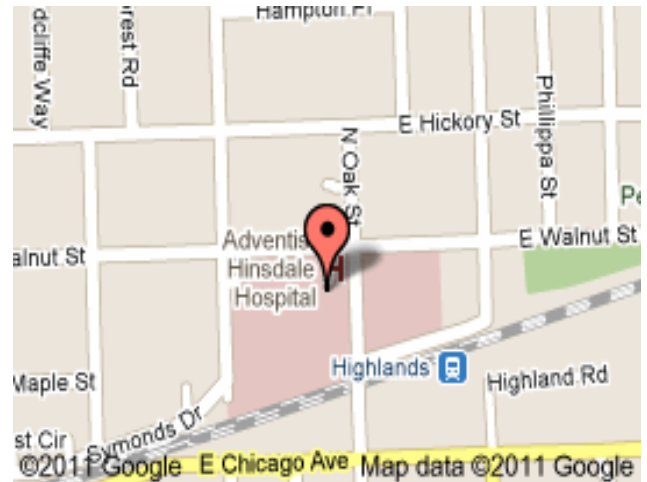
Salt Creek Surgery Center  
530 North Cass Avenue  
Westmont, IL 60559  
(630) 969-1800



Good Samaritan Hospital  
3815 Highland Avenue  
Downers Grove, IL 60515  
(630) 275-5900



Weiss Memorial Hospital  
4646 North Marine Drive  
Chicago, IL 60640  
(773) 878-8700



Hinsdale Hospital  
120 North Oak Street  
Hinsdale, IL  
(630) 856-9000