



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.