

DAVID S. FELDMAN, MD

ORTHOPEDIC SURGERY

Associate Director of the Paley Institute

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HARDWARE REMOVAL PROTOCOL

How To Prepare For Hardware Removal

In preparation for surgery, you will be scheduled to have Pre-Admission Testing (PAT) completed prior to surgery in the Kimmel building. At this appointment a nurse will perform a blood test and basic vital signs, unless you have already done so with your primary care provider within thirty days of the surgery date. Specific instructions such as when to discontinue eating and drinking the night before surgery will be discussed. A cleansing soap, Hibicleanse, will be provided and must be used while showering the night before and morning of surgery. You will also meet with anesthesia at this appointment to discuss the process of 'going under' and postoperative pain control options. After your appointment in the Kimmel building, you will then go up to the Paley Institute clinic to see one of the physician assistants and Dr. Feldman. They may take another set of x-rays. You will then go over your surgical plan. Please voice any questions or concerns to Dr. Feldman and the physician assistants at that time.

In the event that you have any scheduling issues with your pre-operative appointment or surgery date, please contact Dr. Feldman's Executive Assistant, Jennifer Enterkin.
jenterkin@paleyinstitute.org and (561) 844-5255 ext. 310

It is important that you discontinue all anti-inflammatory medications (NSAIDS), both prescription and over the counter, for two weeks prior to surgery and three months after (unless otherwise instructed). These include: Advil, Aleve, Motrin, Ibuprofen, Naprosyn or Naproxen, Celebrex, Celecoxib, Voltaren, Diclofenac, Toradol, Ketorolac, Mobic, Meloxicam, etc. In addition to NSAIDS, you should also discontinue all blood thinning medications such as aspirin (unless otherwise instructed by your medical doctor or cardiologist), multi-vitamins and any over the counter supplements at least seven days prior to your surgery date. You will be instructed when to resume these upon discharge from the hospital. If you take antidepressant medications,

these may be discontinued or adjusted prior to your surgery and you should reach out to your prescribing provider with how to discontinue such medications as these typically need to be discontinued in a tapering fashion. If you are on a prescription anticoagulant (Coumadin, Xarelto, Plavix, Eliquis, Pradaxa, Heparin, etc.) you must receive specific instructions from your clearing physician as to when these should be discontinued and when these can be resumed after surgery.

It is very important that you notify us if you have a personal history or a family history of early cardiac disease, phlebitis, blood clot to the leg or lung (pulmonary embolism) or a history of a bleeding disorder.

If you cannot receive blood products due to a religious reason or have an objection to receiving blood products for any other reason, you must also notify us of this before surgery. Blood donations are not necessary prior to hardware removal surgery.

You cannot be exposed to first hand or second hand smoke of any kind for one month prior to surgery and for at least six months following surgery. That includes cigarettes, e-cigarettes, vape, and/or Marijuana. Smoke will inhibit bone consolidation and is a significant cause of surgical failure.

If you have any clinical questions or concerns for the team, please email them and they will respond within a few days.

- **David Feldman, MD: dfeldman@paleyinstitute.org**
- **Tiffany Brown, PA-C: tbrown@paleyinstitute.org**
- **Lauren Moir, PA-C: Imoir@paleyinstitute.org**
- **Alyssa Clarke, PA-C: aclarke@paleyinstitute.org**

What To Expect On Removal Day

A day or two prior to surgery you will be given your arrival time. Please arrive at the Kimmel Outpatient building at the designated time you were provided. You will be called the day before surgery to confirm your arrival time.

Your postoperative pain control will consist of over the counter analgesics such as Tylenol. No anti-inflammatories are to be taken. You may be given a narcotic pain medication depending on the involvement of your surgery and must take it as directed.

You most likely will not require any durable medical equipment (crutches, walker, etc.) following surgery. This however is on an individualized basis, and if DME is indicated, it will be provided to you before you leave the hospital. **Emily Ward** can assist with any DME you will require. Her email is eward@paleyinstitute.org.

Immediately after surgery, you will most likely have an Ace wrap around your surgical limb. This can be removed 48 hours after surgery, and may be reapplied as needed for comfort and/or swelling. It is advisable to elevate the surgical limb. You may apply ice as needed for comfort,

but should refrain from heat for the first few weeks following surgery. You most likely will not need a cast following hardware removal surgery, but this is on a case by case basis. You most likely will not have weight bearing restrictions following surgery. It is advisable that you avoid high impact activities for three to four weeks after removal. If you would like to keep your hardware, please notify us the day of surgery and we will sterilize the equipment and return it to you prior to your discharge from the hospital.

What to Expect Once You Leave the Hospital

Your first postoperative appointment will be ten to fourteen days after surgery with one of Dr. Feldman's PAs; Tiffany, Lauren or Alyssa. You will have x-rays taken and your first wound check. Pain medication, if it is narcotics, will legally need to be re-ordered with a visit every week. If you are from out of town, it is advised that you remain local until your first postoperative appointment. **Jessie Smith** can assist with making lodging accommodations. Her email is **jsmith@paleyinstitute.org**, and she can be reached at **(561) 844-5255 ext.**

If you are from out of town and need to return home, Dr. Feldman or one of his PAs, Tiffany, Lauren or Alyssa, will evaluate you for a postoperative appointment and wound check prior to you leaving. If you must return home before your sutures are ready to come out, you will either be provided with a suture removal kit to remove the stitches on your own if you feel comfortable doing so, or you may schedule an appointment with your local physician to remove the stitches for you. The suture removal is performed around two weeks from your date of surgery.

You may begin driving when you feel comfortable to do so and have discontinued any narcotic medications. You may engage in sexual intercourse when you feel ready to do so. You may sleep in any position you are comfortable in. You will not need antibiotics for routine teeth cleanings unless otherwise directed by your dentist.

Typically you can return to school or work as early as a few days after surgery. Again, this is as long as you feel you are functional enough to do so. We are happy to provide any such documentation or forms required by your school or work. Our medical assistants, **Keisha Bourne** (**kbourne@paleyinstitute.org**) and **Dalia Hanna** (**dhanna@paleyinstitute.org**) can assist with this. To speak with them, please call: **(561) 844-5255, ext 240 and ext 243.**

The DEPART summary on your discharge instructions (provided to you upon being discharged from the hospital) will have postoperative instructions pertaining to your specific case, as well. It is advisable to make an appointment with your physical therapist upon discharge. You will not need much therapy following surgery, but may require a session or two for gait training purposes, range of motion and strengthening exercises, and/or to create a home exercise program for yourself.