

**Total Joint Replacement**  
Surgery Instruction Sheet for Dr. Chad Millet  
You are scheduled for surgery at Ochsner Baptist  
2700 Napoleon Avenue, New Orleans, Louisiana 70115

The procedure will be on \_\_\_\_\_.

1. Our Pre-Certification Department will contact your insurance company, worker's comp, or attorney to be sure that your surgery is approved and if there are any deposits or deductible that need to be paid prior to surgery. It is the patient's responsibility to call the pre-cert department one week prior to surgery to verify approval. The contact information is **(504) 897-6351 Ext. 116 Ext. 116**.
2. Call Ochsner Baptist at **(504) 897-5900** to schedule a pre-op appointment. Pre-op appointments must be done 2 weeks **PRIOR** to your surgery. At this appointment you will meet with an anesthesiologist. You may have blood work done, chest X-ray, and an EKG. (It is to the discretion of the anesthesiologist which test are performed). **YOU DO NOT NEED TO FAST FOR THIS TESTING**.
3. If you take medications daily, bring a detailed list or actual pill bottles to the pre-op interview. They will instruct you on which medication to take on the morning of surgery.
4. We require medical clearance from your PCP (and/or cardiologist if indicated) for all our total joint replacement surgeries. Please have your doctor fax to ATTN: Erin at **(504) 897-6442**. If clearance is not received your surgery may have to be postponed. **It is the patient's responsibility to ensure that physician's office fax paperwork to our office prior to surgery.**
5. Stop taking anti-inflammatory medication or medications containing aspirin **one week** prior to surgery. This includes Advil, Aleve, Motrin, Ibuprofen, etc. Also no vitamins or supplements. If you take a prescription blood thinner such as Plavix, Coumadin, etc., notify your PCP and discuss the appropriate time length to stop blood thinners prior to surgery.
6. **Erin** will call you the morning before your surgery to tell you what time to arrive. IF you have not heard from her, call her extension at **(504) 897-6351, Ext. 218**. (If you are scheduled for a Monday surgery, you will receive a phone call on Friday)
7. Do not eat or drink anything after midnight unless instructed by anesthesia.
8. For **TOTAL KNEE/HIP SURGERY**: Please make your post-op appointment for approximately **1 month** following your surgery with Dr. Millet. You will then have another appointment at 3-4 months post operatively with Erin Kernaghan, Dr. Millet's Nurse Practitioner and then a follow up with Dr. Millet at one year after your surgery.
9. All narcotic medication refills require a physical prescription with signature. This prescription can be picked up in our Metairie office on Tuesday or our uptown office on Thursday. Please call ahead and leave a voicemail for Kay at Ext. 241 or Erin at Ext. 218 prior to coming to the office to ensure the prescription is ready. **Please avoid leaving messages on both voicemails.**
10. My email address is [EKernaghan@Southern-ortho.com](mailto:EKernaghan@Southern-ortho.com) if you prefer to communicate via email. Emails will be returned on Tuesdays and Thursdays.



# Post-Op Surgery Information

For Dr. Chad Millet

## **POST-OP INSTRUCTIONS FOR TOTAL HIP REPLACEMENT**

### **HOSPITAL STAY**

You will be in the hospital 1-2 days depending on the type of surgery and whether or not you will require extended hospital rehab. Case Manager at hospital will make arrangements for home health or rehab prior to discharge. You will have a hip abduction pillow placed after surgery. This pillow should be kept between legs at all times while in bed. Also remember to adhere to hip precautions at all times for the first 6 weeks post-op. Hip precautions: avoid bending past 90 degrees, avoid twisting leg in and out, and avoid crossing your legs.

### **UPON DISCHARGE**

A Home Health company will contact you prior to discharge to arrange your initial visit. Physical therapy will work with you in your home 3 times a week for approximately the first 2 weeks. Home Health will instruct and/or perform wound care on incision site. Staples will be removed at 14 days. After this time the office will prescribe outpatient therapy. Our Office offers physical therapy at both Uptown and Metairie locations. Call the main office at (504) 897-6351 to schedule an appointment.

### **TED HOSE/STOCKINGS**

Compression stockings will be placed after surgery. You must take stockings home and continue to wear them for 3 weeks after surgery. You may take them off for 1 hour in the morning and 1 hour in the evening.

### **ANTI-INFLAMMATORIES**

You will be placed on a blood thinner after surgery. We use aspirin 325 mg twice daily for 4 weeks unless otherwise specified on your discharge paperwork. **Do not resume any anti-inflammatory medications for 6 weeks after surgery.** Medications will be prescribed for pain prior to discharge.

### **SWELLING/PAIN**

Swelling, pain, and mild redness are expected after surgery. However any heavy drainage, fever, or increased redness needs to be reported.

### **DRIVING**

No driving for 2-3 weeks after surgery for a left total hip replacement and for 6 weeks for a right total hip replacement. Remember you must be off narcotic pain medications in order to drive.

### **PROPHYLACTIC ANTIBIOTICS**

Dr. Millet requires that you take prophylactic antibiotics prior to any dental procedure or cleaning. We use amoxicillin, if allergic to penicillin other antibiotics will be prescribed. Prescription can be obtained at you first post-op visit.