



Surgery Checklist (Hip Arthroscopy)

Surgery Details

- **Surgery Location** (Circle one):
 - **OrthoColorado Hospital** (connected to St. Anthony's Hospital)
11650 W. 2nd Place, Lakewood, CO 80228
 - **South Denver Surgery Center**
300 E. Mineral Avenue, Suite 9, Littleton, CO 80122
 - **SkyRidge Medical Center** (Spine and Total Joint Center)
10101 Ridgeway Pkwy, Lone Tree, CO 80124
- **Surgery Date:**
- **Surgery Time:** (*You will be notified the business day before surgery*)
- **Fasting Instructions:** Time to stop eating and drinking:
- **Hip Brace Fitting** (Date, Time, Location):
- **CPM Machine Delivery** (Date and Time):

Pre-Surgery Preparation

- Schedule physical therapy appointments (Start PT 2-3 days after surgery).
- Arrange for crutches.
- Complete **PatientIQ** forms.

Medication & Health Management

- Discontinue NSAIDs, vitamins, minerals, and supplements one week prior to surgery.
- Cancel dental appointments 6 weeks prior to and post-surgery.
- Discontinue oral contraceptive/birth control pills (OCP) 4 weeks prior to surgery. You may resume OCP 2 weeks after surgery.
 - If you have an IUD or Nexplanon, no need to remove it.



- Discontinue semaglutide or tirzepatide (Ozempic/Mounjaro/Wegovy) one week prior to surgery.
- Consult your PCP or endocrinologist if you take metformin about when to discontinue/resume it.
- Notify the surgical team if you have a bleeding/clotting disorder or a previous history of blood clots. Notify your hematologist if necessary.