



PAO Surgery Checklist

Before Surgery

1 Month Before Surgery

Discontinue Medications:

- Stop all hormonal contraceptives (birth control) to reduce the risk of blood clots.
- Stop taking anti-inflammatories (NSAIDs) like Advil, Aleve, ibuprofen, aspirin, or Motrin.
- Begin tapering off narcotic pain medications (if using).

Start Supplements:

- Iron supplements (65 mg ferrous sulfate) once daily.
- Vitamin D (2000 IU daily).
- Calcium (1000 mg daily).

2 Weeks Before Surgery

Prepare Your Home:

- Set up bed and bathroom on the same floor to avoid stairs.
- Remove tripping hazards (e.g., loose rugs, cords).
- Arrange for crutches, a walker, or a shower chair.
- Request any needed medical equipment (e.g., raised toilet seat).

Lifestyle Adjustments:

- Quit smoking or vaping to improve healing.



- Reduce or stop alcohol consumption.

Arrange for Help:

- Find a support person or caregiver to assist you at home.
- Plan transportation to/from the hospital and follow-up visits.

1 Week Before Surgery

Complete Pre-Surgery Testing:

- Finish preoperative tests (X-rays, MRIs, bloodwork, etc.).
- Ensure clearance from primary care physician and any specialists.

Confirm Eating/Drinking Instructions:

- Stop eating and drinking as directed by your surgeon (usually nothing after midnight).
- Pack Your Hospital Bag (see "What to Bring to the Hospital" section).

What to Bring to the Hospital

Comfortable Clothing:

- Loose-fitting clothing (e.g., athletic shorts, easy-to-put-on shoes).

Personal Hygiene Items:

- Toothbrush, toothpaste, face wipes, dry shampoo, hairbrush.

Entertainment:

- Books, magazines, tablet, or laptop.



Optional Items:

- Your own pillow or blanket.
- Earplugs or eye mask for better sleep.

List of Medications:

- Bring a list of all medications you regularly take.
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Day of Surgery

Admission:

- Arrive at the hospital at the scheduled time.
- Check in and confirm personal details.

Pre-Surgery Preparation:

- Meet with the surgical team (surgeon, anesthesiologist, nurses).
- Change into hospital gown.

Post-Surgery:

- Wake up in the recovery room and start pain management (IV or epidural).
 - X-rays will be taken to check alignment.
 - Start mobility assistance with crutches or a walker (guided by physical therapist).
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After Surgery: At-Home Recovery

Incision Care



- Check your incision daily for signs of infection (redness, swelling, drainage).
- Change bandages as instructed by your doctor.
- Avoid getting your incision wet until cleared by your surgeon.

Mobility

- Use crutches or a walker to limit weight-bearing to 1/6 of your body weight.
- Gradually increase weight-bearing as instructed by your physical therapist.

Physical Therapy

- Begin physical therapy sessions as scheduled.
- Follow therapist's instructions for range-of-motion (ROM) exercises.
- Progress to strengthening exercises when cleared.

Pain Management

- Take prescribed pain medications as directed.
- Use ice packs or other pain relief methods as recommended.

Daily Activities

- Arrange assistance for daily activities (cooking, dressing, bathing).
- Follow all activity restrictions (e.g., no hip flexion beyond 90 degrees).

Follow-Up Appointments

- Attend follow-up visits with your surgeon for X-rays and recovery progress checks.

Ongoing Recovery: Long-Term

Weeks 1-6



- Continue using crutches or walker for limited weight-bearing.
- Focus on passive mobility and rest.
- Monitor any complications or concerns and contact your doctor if needed.

Weeks 6-12

- Gradually increase weight-bearing under guidance.
- Start strengthening exercises with physical therapy.

Months 3-5

- Begin transitioning away from crutches.
- Participate in more intensive physical therapy to regain mobility.
- Consider starting pool therapy (if available).

Month 6 and Beyond

- Resume low-impact activities (e.g., swimming, cycling) after approval.
- Check with your surgeon before returning to high-impact sports or activities.

Important Reminders

- Stay active with gentle movement and stick to your physical therapy routine.
- Follow weight-bearing and mobility restrictions carefully.
- Take medications as prescribed for pain and infection prevention.
- Communicate with your care team immediately if complications arise.