



Combined Hip Preservation Surgery: Hip Arthroscopy and Osteotomy Pre-Operative Instructions

Surgery Scheduling

- Our clinical liaisons will contact you to schedule your surgery date.
- Due to high demand, our surgeons' schedules typically book **2-3 months in advance**.
- If you do not hear from our scheduling team within **2 weeks**, please reach out to confirm your appointment.

Surgery Location

- All procedures are performed at:
 - **SkyRidge Medical Center**
Spine and Total Joint Center
10101 Ridgeway Pkwy, Lone Tree, CO 80124

Health Clearance for Surgery

- **Medical clearance** is required within **30 days** prior to surgery.
- Contact **pre-admission testing** to schedule this appointment: **720-225-6188**.
- If you are **outside the Denver-metro area**, you can get clearance from your **primary care physician**. Please have all documentation faxed to our team.

Surgery Preparation

- This is an **inpatient procedure**, and you will stay at the hospital for **at least one night** after surgery.

What to Bring:

- Insurance card and photo ID
- List of regular medications and doses
- Comfortable clothing (e.g., sweatpants)



- Crutches and hip brace
- An extra bag for equipment and postoperative instructions

Pre-Surgery Guidelines:

- **Discontinue NSAIDs, vitamins, minerals, and supplements** one week before surgery.
- **Cancel dental appointments for 6 weeks before and after surgery.**
- **Stop taking oral contraceptives (OCPs) 4 weeks before surgery**, as they increase the risk of blood clots.
 - **IUDs or Nexplanon** do not need to be removed.
 - You may resume OCPs **2 weeks after surgery**.
- **Stop semaglutide or tirzepatide (Ozempic/Mounjaro/Wegovy) one week before surgery.**
- If you take **metformin** and are diabetic, consult with your **PCP/endocrinologist** about when to discontinue and resume the medication.
- Notify the surgical team if you have a **bleeding or clotting disorder**, or have been diagnosed with a **blood clot**. If under the care of a **hematologist**, inform them of your upcoming surgery.

For more information, please visit www.HipPreservation.org or contact our team directly.