



Surgery Checklist (Combined Hip Arthroscopy and Ganz Osteotomy)

Use this checklist to keep your surgical information organized!

Surgery Location:

**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)

Time to Stop Eating and Drinking Before Surgery:

Pre-Admission Testing Appointment: (Must be completed within 30 days of surgery)

Hip Brace Fitting:

- **Date:** _____
- **Time:** _____
- **Location:** _____

CPM Machine Delivery:

- **Date:** _____
- **Time:** _____

To Complete Before Surgery:

Schedule Physical Therapy Appointments (Start 1 week after surgery)

Obtain Crutches or Walker

Complete PatientIQ Forms

Prior to Surgery, Discontinue or Notify Our Team If You Have Questions:



- Discontinue the Following Medications One Week Prior to Surgery:** NSAIDs, vitamins, minerals, supplements, semaglutide or tirzepatide (Ozempic/Mounjaro/Wegovy)
- Cancel Any Dental Appointments** 6 weeks before and after surgery
- Discontinue Oral Contraceptive/Birth Control Pills (OCP)** 4 weeks prior to surgery to minimize blood clot risk. If you have an implantable form of birth control (IUD or Nexplanon), it does not need to be removed. Resume OCP 2 weeks post-surgery.
- If You Are Diabetic and Take Metformin, Consult Your PCP/Endocrinologist** Regarding When to Discontinue and Resume This Medication.
- Notify the Surgical Team If You Have a Bleeding or Clotting Disorder** or if you have a history of blood clots. Inform your hematologist about your upcoming surgery.