

Scheduling Your Surgery
Most Frequently Asked Questions

Where will my surgery be done?

Dr. Mattalino and Dr. Tarlow work out of three different surgical facilities.

Surgery Center of Scottsdale
8962 E Desert Cove
Scottsdale, AZ 85260
480-661-5232

Located one block north of Shea and the 101

Physicians Surgery Center of Tempe
1940 E Southern
Tempe AZ, 85282
480-820-7101

Located on the north side of Southern between the 101 and McClintock

Arizona Orthopedic Surgical Hospital
2905 Warner Rd.
Chandler, AZ 85224
480-603-9000

Located on the SW corner of Warner Rd. and the 101

How is a location chosen?

The location of your surgery is dependant on several factors.

- 1. Insurance Contracts**
- 2. Location/Convenience for the patient**
- 3. Day of the week. Your physician is scheduled at each facility on different days of the week based on Operating Room availability.**

What do I need to do to prepare for my surgery?

Persons under the age of 50 who have no previous adverse health history will not be required to have any pre-operative testing.

Persons 50 and over or persons under 50 with a previous health history of high blood pressure, diabetes, or heart disease will require a medical clearance from an internal medicine physician or primary care physician. If you do not have an established primary care doctor we will arrange an appointment for you with one of the primary care physicians who work closely with Dr. Mattalino and Dr. Tarlow. Failure to comply with these guidelines will result in the delay or cancellation of your surgery. These guidelines are for your safe and speedy recovery.

Should I discontinue taking any of my regular medications?

Do not take aspirin or anti-inflammatory drugs such as Motrin, Advil, Alleve, or blood thinners ten days prior to your surgery date unless otherwise instructed by your physician.

Do not take Diuretics, Diabetic Medication or Blood Thinners the day of surgery. If you are unsure if the medication you are taking should be discontinued please contact our office.

When should I arrive at the surgery center?

Arrival should be 2 hours prior to the start time of your procedure. The start time will be confirmed with you the day prior to your surgery by way of a phone call from the surgery scheduler at Southwest Sports Medicine. Since the schedule is always being updated it is sometimes necessary to rearrange the order of the surgery time.

Who should accompany me to my surgery?

You will need someone to drive you, wait for you and drive you home after your procedure. You will not be able to drive yourself to the surgery center. Please limit the number of family members who will accompany you to 2 persons. The waiting room facilities can not accommodate large numbers of family members. Your cooperation in regards to this issue is greatly appreciated.

What should I expect immediately after surgery?

After surgery you will be taken to the recovery room. Your physician will meet with your family member to discuss your successful procedure. It is important your family member stay in the waiting room as to not miss this vital conversation. Your physician needs to get to his next surgery and the surgery center may discharge you prior to your physician being available again. Although this situation is rare we highly encourage your family to wait in the established waiting area.

Instructions regarding medications and use of ice packs will be given to you and your family member by the nursing staff at the surgery center. At that time you will be transferred to your vehicle and taken home by your family. If you have crutches (for knee surgery patients only) bring them with you, otherwise the surgery center will provide them for you and instruct you on their use.

What should I do after I arrive home?

Upon your arrival home you should get into bed or a recliner (for shoulder patients). Begin a light liquid diet ie soup or broth then proceed with a normal diet. Make sure you have eaten something like soup or toast prior to taking any medication to prevent an upset stomach.

What is a CPM machine and why do I need it?

CPM (Continuous Passive Motion) is a post-operative treatment method that is designed to aid recovery after knee surgery. In most patients after knee surgery, attempts at motion can cause pain and as a result, the patient fails to move the joint. This immobility allows the tissue around the joint to become stiff and form scar

tissue, resulting in a joint which has limited range of motion. Passive range of motion means that the joint is moved without the patient's muscles being used. By using a CPM to very gradually move the joint, it is possible to significantly accelerate recovery time by decreasing soft tissue stiffness, increasing range of motion, promoting healing of the joint surface and soft tissue. Even more surprising, studies have shown that patients using CPM devices require less pain medication than patients who had the same type of surgery and do not use this device. The vendor who will supply the machine will contact you the day prior to your surgery. They will instruct you to call them when you arrive home to arrange a delivery time for that day. When your physical therapist instructs you to discontinue the use of the CPM you may call the vendor to arrange pick up of the machine from your home. Please note that precertification for this equipment is handled by the vendor therefore any questions relating to billing should be directed to the company.

When do I begin Physical Therapy?

Physical Therapy is essential to a complete recovery. Your first physical therapy appointment will be scheduled at one of our locations, or a predetermined location approved by your physician, one day after surgery. If your surgery is scheduled for a Friday your first appointment will be on Monday. ***Please remember to bring your physical therapy prescription with you to your first visit. This provides vital information to the physical therapist from your physician.***

Please arrange transportation for your first visit due to the fact you should not drive while taking pain medication and you may be experiencing some mild discomfort after your first therapy session. Your first session will be approximately 1 hour long. As your therapy progresses your appointment may take as long as an hour and a half. Sessions should be planned for 2 to 3 times a week for 4 to 6 weeks unless otherwise instructed by your physician.

During your first physical therapy session your therapist will:

1. Change your dressing
2. Provide education on CPM use and progression (if indicated)
3. Instruct on compression garment use (if indicated)
4. Provide bathing instructions
5. Educate on proper gait(walking pattern) with crutches (if indicated)
6. Initiate home exercise program
7. Educate on icing regimen
8. Educate on use of portable muscle stimulation unit
9. Provide time table on anticipated return to activities of daily living, driving, work, etc.

When should I follow up with my physician?

Your first post operative appointment with your doctor will be scheduled within 5 to 7 days. Check your pre operative appointment sheet for the location and time of your appointment. If you need to change any appointment please call our office promptly @ 480-763-5950.