



ORTHOPEDIC & SPINE INSTITUTE

at St. Mary's Medical Center

Hardware Removal: What To Expect

How To Prepare For Your Procedure

- You may be scheduled to have a PAT (Pre-Admission Test) before surgery. At this appointment you will have blood work completed if you have not already done so with your primary care physician. You will also be given specific instructions such as when to discontinue eating and drinking the night before your surgery, and will be provided with a scrub to be used while showering the night before and the morning of surgery. You will also meet with anesthesia at this appointment to discuss postoperative pain control options. Please call Jennifer Enterkin 561-844-5255 ext 310 to schedule this appointment and to confirm that a preoperative appointment is necessary. She can also be reached via email at jenterkin@paleyinstitute.org.
- You must be off all anti-inflammatory medications/NSAIDS (both prescription and over the counter including: Advil, Aleve, Motrin, ibuprofen, naprosyn, naproxen, Celebrex, Celecoxib, Voltaren, Diclofenac, Toradol, Ketorolac, Mobic, Meloxicam, etc.) for 7 days prior to surgery, and usually must remain off all anti-inflammatories after surgery until cleared by Dr. Feldman. You must be off oral contraceptives one month before surgery, and must remain off oral contraceptives after surgery until cleared by Dr. Feldman. You must use an alternative form of birth control in the interim. Usually you will have to remain off anti-inflammatories and oral contraceptives for at least 3 months.
- You should discontinue all blood thinning medications such as aspirin, multi-vitamins, over the counter supplements, etc. 7 days before surgery. You will be instructed as to when you can resume these upon discharge from the hospital.
- If you are on a prescription anticoagulant (Coumadin, Xarelto, Plavix, Eliquis, Pradaxa, Heparin, etc.) you must receive specific instructions from your medical physician as to when these should be discontinued and when these can be resumed after surgery.
- You MUST notify us if you have a personal history or a family history of early cardiac disease, phlebitis, blood clot to the leg or lung (PE/DVT) or a history of a bleeding disorder.
- If you cannot receive blood products due to religious reasons or have an objection to receiving blood products for any other reason, you MUST notify Dr. Feldman of this before surgery.
- Blood donations are not necessary prior to your surgery.
- You may not smoke, vape or be exposed to second-hand smoke for 1 month prior to surgery and must refrain from smoking or exposure to smoke for at least 3 months following surgery.

What To Expect On Removal Day

- You will arrive at the Kimmel Outpatient building at the designated time you were provided. You will be called the day before surgery to confirm your arrival time.
- Post operative pain control will consist of over the counter analgesics such as Tylenol. No anti-inflammatories are to be taken. You may be given a narcotic pain medication depending on your surgery and must take it as directed.
- You most likely will not require any durable medical equipment (crutches, walker, etc.) following surgery. This however is on an individualized basis, and if DME is indicated, it will be provided to you before you leave the hospital.
- If you would like to keep your hardware, please notify us the day of surgery and we will sterilize the equipment and return it to you prior to your discharge from the hospital.

What To Expect Upon Discharge

- If you are local, or staying locally usually your first postoperative appointment will be around 10-14 days after surgery. Jennifer Enterkin can assist you with scheduling this appointment, 561-844-5255 ext 310.
- If you are from out of town and needing to return home, Dr. Feldman or one of his PAs, Tiffany Brown or Nicole O'Donnell, will evaluate you for a postoperative appointment and wound check prior to you returning home. We usually require patients to stay in town for 10-14 days after surgery for follow up unless otherwise specified. If you must return home before your sutures are ready to come out, you will either be provided with a suture removal kit to remove the stitches on your own if you feel comfortable doing so, or you may schedule an appointment with your local physician to remove the stitches for you. The suture removal is performed around 2 weeks from your date of surgery.
- If you need assistance with lodging accommodations, Jessie Smith can be reached at 561-844-5255 ext 255. Her email is jsmith@paleyinstitute.org.
- You will most likely have an Ace wrap around your surgical limb. This can be removed 48 hours after surgery, and may be reapplied as needed for comfort and/or swelling.
- It is advisable to elevate the surgical limb. You may apply ice as needed for comfort, but should refrain from heat for the first few weeks following surgery.
- You may begin driving when you feel comfortable to do so and are not under the influence of any controlled substances.
- You may engage in sexual intercourse when you feel ready to do so.
- You can typically return to school or work as early as a few days after surgery. Again, this is as long as you feel you are functional enough to do so. We are happy to provide any such documentation or forms required by your school or work. Our medical assistants, Keisha Bourne (kbourne@paleyinstitute.org) and Dalia Hanna (dhanna@paleyinstitute.org) can assist with this. To speak with them, please call: (561) 844-5255, ext 240 and ext 243.
- You may sleep in any position you are comfortable in.

- You will not need antibiotics for routine teeth cleanings unless otherwise directed by your dentist.
- You will not be administered a TSA card for flying if hardware is still retained.
- You most likely will not have weight bearing restrictions following surgery. It is advisable that you avoid high impact activities for 3-4 weeks after removal.
- You most likely will not need a cast following hardware removal surgery, but this is on a case by case basis.
- The DEPART summary on your discharge instructions (provided to you upon being discharged from the hospital) will have postoperative instructions pertaining to your specific case, as well.
- It is advisable to make an appointment with your physical therapist upon discharge. You will not need much therapy following surgery, but may require a session or two for gait training purposes, range of motion and strengthening exercises, and to create a home exercise program for yourself.