

# Hip Arthroscopy

## *Pre and Post-Operative Instructions*

### Wound Care

- Leave the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, you may remove bandages and gauze but keep steri strips in place.
  - You may shower at this point.
  - Cover incision sites with waterproof bandage prior to getting into the shower for first 7 days.
    - Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages.
  - This may appear to be a pinkish-yellow fluid and is normal.
  - DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES
- Your stitches are absorbable and do not need to be removed.
- DO NOT soak in any pool/bath water until 4 weeks after surgery.

### Physical Therapy

- You will begin physical therapy 2-3 days after your surgery.
- YOU are responsible for setting up these appointments. Call your PT office and schedule these appointments for after surgery
- You will get a PT referral at the time of your surgery conference.
- Our post-op PT protocols are on our website: [www.panoramaortho.com](http://www.panoramaortho.com)-> Hip Preservation-> Therapy and Rehab Protocols

### Weight Bearing

- **You will be PWB (partial weight bearing) flat foot (20 pounds). You will need to use crutches throughout this time period while walking.**
- Please walk with your foot flat and mimic normal gait. Please see our video tutorial on the Panorama website for guidance on what this will look and feel like.
- You will be on crutches for 3 weeks if a labral repair is performed, or 6 weeks if a labral reconstruction, augmentation, or microfracture is performed.

### Hip Brace

- You will be contacted 1-2 weeks prior to your surgery to schedule a hip brace fitting at one of our clinic locations.
- The hip brace is worn only while ambulating, on the outside of your clothing, for 3-6 weeks after surgery (same duration as crutches)
- You do NOT need to wear the brace when: sleeping, icing, showering, going to the bathroom, laying on your stomach, using the CPM machine, using the upright bike
- The purpose of the brace is to prevent hyperflexion and abduction

### **Continuous Passive Motion (CPM) Machine**

- Prior to your surgery, The CPM company will reach out to you to deliver the CPM machine. Most likely 1 week to a couple days before your surgery!
- They will deliver the machine your house (or location of choice), adjust the machine to you, and instruct you how to use it.
- Start on the day/evening of surgery if you have time and feel up to it. However, it is also acceptable to start using the CPM machine the first day after surgery.
- Use this for a total of 4-6 hours/day for a total of 3-6 weeks.
- Begin at a rate of 1 cycle/minute, ranging from 20° of extension and 55° of flexion. Increase by 7-8° daily as tolerated. **DO NOT GO PAST 0-90°**

### **Ice Therapy**

- For the first 72 hours, ice as much as you can! – Ideally ice 20 minutes on, 20 minutes off.
- After 72 hours - ice 4-5 times per day, then as needed after 2 weeks
- Place the ice onto the hip over a thin layer of clothing or material, but never directly onto the skin.
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### **Prescriptions Medications**

- **Indomethacin** 75mg daily for 5 days. This medication is a strong NSAID to prevent excessive bone growth (heterotopic ossification). Let our team know if you are unable to take NSAIDs
- **Aspirin** 81mg twice daily for 14 days. This medication is to prevent blood clots (DVT/PE) from developing. Do not take any additional NSAIDs while on this medication. Let our team know if you are unable to take NSAIDs, have a previous history of blood clots, or are currently taking any blood thinners.
- **Pantoprazole** 40mg daily for 5 days. This medication helps protect your stomach while on indomethacin and aspirin
- **Oxycodone** or whichever pain medication is decided at your surgery conference. This is a strong narcotic and should only be used for post-operative pain as needed. Do not drive or drink alcohol while taking these medications.
- **Methocarbamol** (Robaxin) 750mg every 8 hours as needed for muscle spasms
- **Ondansetron** (Zofran) 4mg every 8 hours as needed for nausea.

### **General Activity**

- It is beneficial to change positions often after hip arthroscopy. Alternate sitting, reclining, and laying down about every 30-60 minutes. Feel free to move around at home as much as you can tolerate. We do not want the hip to get stiff.
- You will be supplied with a pair of TED Hose (compression socks) on the day of surgery. You will need to wear these at all times for the first 2 weeks after surgery.
- Spend 1-2 hours/day on your stomach without the brace on.
- You will be permitted to drive about one week after your surgery and once you are no longer taking narcotics.

### **Follow Up**

- Your initial post-op appointment will be scheduled with one of our PAs, 10-14 days following your surgery. You will also have a 6-week and 3-month follow-up with Dr. Ellman.
- Please call our team at (720)497-6605 if these have not been made.

### **When You Should Contact the Office**

- If you have a fever >100.4 degrees F.
  - A low grade temperature (even up to 100 degrees) is expected after surgery, but let us know if it gets this high!
- If you develop chills or sweats.
- If you have pus, significant pain, or redness surrounding the incision sites.
- If you are unable to urinate >1-2 days after surgery
- All contact information can be found below

### **Possible Postoperative Complications and Risks**

- **Infection:** The risk of infection is decreased with a sterile operating environment and antibiotics. Starting three days before your surgery, be sure to keep the skin of your hip as clean as possible using soap and water. Following surgery, careful handling of the incision sites reduces the risk of infection.
- **DVT:** Developing a DVT (deep vein thrombosis, aka blood clot) is decreased through instituting early motion (CPM), mechanical means (TED hose) and medications (Aspirin). Following the pre-operative and post-operative instructions will reduce the risk of blood clot formation.
- **Pain:** With any surgical procedure, there is a potential complication of pain. Medication, ice, rest, compression, elevation and therapy reduce post-operative pain.
- **Numbness:** With hip arthroscopy, there is a small chance of numbness of the upper outer portion of the thigh on the operative leg after surgery. This is due to stretching of the lateral femoral cutaneous nerve, a sensory nerve that is close to the surgical area. This nerve may be stretched or bruised during the procedure. This is typical and the numbness should resolve over time.
- **Heterotopic Ossification:** Any time we operate around the hip joint, there is a small chance of heterotopic ossification, which is abnormal bone growth in the surrounding muscles. We give you Indomethacin for the first 5 days after surgery to help prevent this complication. Please make sure to take the Indomethacin after surgery.

**\*\*Dr. Ellman was one of the first surgeons in the United States to begin utilizing post-free distraction during hip arthroscopy. The advantages of this technique eliminate any nerve injury to the groin, including the pudendal nerve and surrounding soft tissues.\*\***

# Contact Information for Dr. Michael Ellman

Phone: (720)497-6605

Fax: (720)497-6730

Email: [drellmanpc@panoramaortho.com](mailto:drellmanpc@panoramaortho.com)

Department	Reasons to call	Contact Information
<b>Care Navigation (Triage Dept)</b> (7am-5pm M-F) *Excluding Holidays	Medical questions or concerns that require immediate attention	Call: 303-233-1223 Extension 1100
<b>Prescription Refills</b> (8am-3pm M-F) *Excluding Holidays	Refills for prescriptions Change in prescriptions	Call: 720-497-6605 (Requests after 3pm are handled the next business day)
<b>Appointment Scheduling</b> (7am-5pm M-F) *Excluding Holidays	Schedule follow up appointments and office visits Answers questions regarding patient appts	Call: 303-233-1223 Option 2, then option 1
<b>Disability/FMLA Paperwork</b>	Questions and concerns regarding disability, FMLA, return to work paperwork	Fax forms to: 720-497-6730 Email: <a href="mailto:drellmanpc@panoramaortho.com">drellmanpc@panoramaortho.com</a> or drop off paperwork in person at any office **Please allow 5-7 business days for completion**
<b>Pre-Authorizations</b> (9am-4:30pm M-F) *Excluding Holidays	Insurance authorization questions and concerns regarding surgery, injections and imaging ordered by physician (MRI, CT, ultrasounds, EMG's)	Call: 303-233-1223 Extension 1011
<b>Panorama Physical Therapy</b>	Schedule physical therapy appointments  Questions or concerns for your Therapist	Centralized Scheduling Office 303-274-7330
<b>Billing and Customer Service Office</b>	Questions on Insurance or Billing	720-497-6637

<b>OrthoColorado Hospital</b>	Pre-Admit Testing Questions Check-in and Surgery Times	720-321-5450  720-321-5170
<b>SkyRidge Medical Center</b>	General Questions Check-in and Surgery Times	720-225-6902
<b>South Denver Surgery Center</b>	General Questions Check-in and Surgery Times	720-360-3400 (main line)
<b>CPM Questions</b>	Questions about CPM, problems with CPM	1-800-845-6364
<b>Hip Brace Questions</b>	Questions about use of hip brace / settings	DME staff P: 303-233-1223 x1600

**We operate at several locations. When you schedule your surgery date, please make note of which facility your surgery will be performed. These are the locations we operate out of:**

- **OrthoColorado Hospital** (connected to St. Anthony’s Hospital)  
11650 W. 2<sup>nd</sup> Place  
Lakewood, CO 80228
  
- **SkyRidge Medical Center** (Spine and Total Joint Center)  
10101 Ridgeway Pkwy  
Lone Tree, CO 80124
  
- **South Denver Surgery Center**  
300 E. Mineral Avenue, Suite 9  
Littleton, CO 80122

# Surgery Checklist

Please find below a checklist for you to fill out and keep your surgical information organized!

## **Surgery and equipment:**

- Surgery Location (circle one):

**OrthoColorado Hospital**  
(connected to St. Anthony's  
Hospital)  
11650 W. 2<sup>nd</sup> Place  
Lakewood, CO 80228

**SkyRidge Medical Center**  
(Spine and Total Joint Center)  
10101 Ridgeway Pkwy  
Lone Tree, CO 80124

**South Denver Surgery Center**  
300 E. Mineral Avenue, Suite 9  
Littleton, CO 80122

- Surgery Date:
- Surgery Time (you will be notified the business day prior to surgery):
- Time to stop eating food and drink prior to surgery:
- Hip Brace Fitting (date, time, location):
- CPM Machine Delivery (date and time):

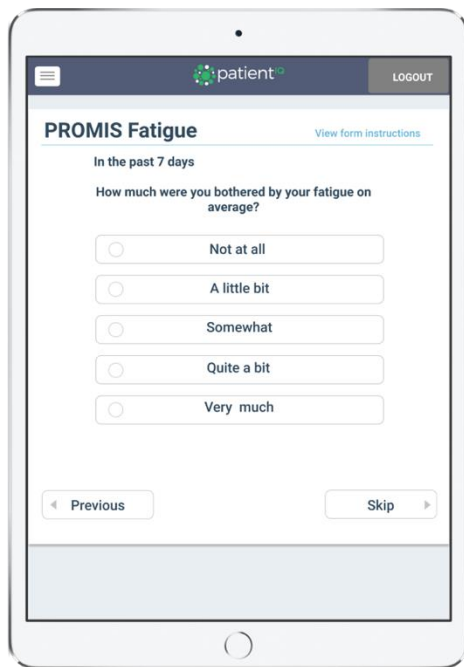
## **Check once you have completed:**

- Schedule physical therapy appointments (Start PT 2-3 days after surgery)
- Crutches
- Complete PatientIQ forms (see next page)

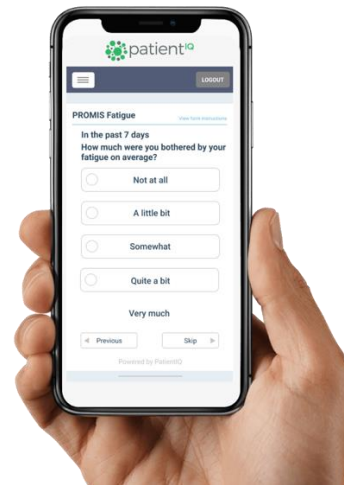
## **Prior to surgery discontinue (or notify our team if questions):**

- Discontinue NSAIDs, vitamins, minerals and supplements one week prior to surgery
- Cancel any dental appointments 6 weeks prior to AND post surgery
- Discontinue oral contraceptive/birth control pills (OCP) 4 weeks prior to surgery as this will increase your risk of blood clots. If you have an implantable form of birth control (IUD or Nexplanon) you do not need to have this removed. You may resume OCP 2 weeks after your surgery.
- Discontinue semaglutide or tirzepatide (Ozempic/Mounjaro/Wegovy) one week prior to surgery.
- If you are diabetic and take metformin, consult with your PCP/endocrinologist about when to discontinue and resume this medication
- Notify the surgical team if you have a bleeding or clotting disorder, or if you have previously been diagnosed with a blood clot. If you have a hematologist that monitors these disorders, notify them of your upcoming surgery

## AN IMPORTANT MESSAGE FROM DR. ELLMAN



The image shows a tablet displaying the PatientIQ mobile application interface. At the top, there is a navigation bar with the PatientIQ logo and a 'LOGOUT' button. The main content area is titled 'PROMIS Fatigue' and includes a link to 'View form instructions'. Below this, the survey question asks: 'In the past 7 days, How much were you bothered by your fatigue on average?'. There are five radio button options: 'Not at all', 'A little bit', 'Somewhat', 'Quite a bit', and 'Very much'. At the bottom of the form, there are 'Previous' and 'Skip' buttons.



**Your Participation Makes a HUGE Difference!**

***Please Sign Up and Respond to PatientIQ. Why???***

### **1. Optimization of My Clinical Outcomes**

***I take great pride in tracking and studying my patient outcomes. My goal is to provide you with the best experience possible throughout your journey, but I need YOUR help! By filling out PatientIQ surveys before and after your hip surgery, YOU will help me to become a better surgeon.***

### **2. Research to Improve the Future of Hip Arthroscopy and Sports Medicine**

***With your help of providing data following my surgeries, I will publish literature that will help define the best, most up-to-date practices in the world of hip preservation.***

PatientIQ is a free service that is offered to every surgical patient in Dr. Ellman's busy hip preservation practice. After signing up for surgery, you will receive an email to sign up for PatientIQ. Please create a username and password to activate your account. PatientIQ helps Dr. Ellman collect patient outcomes before and after each procedure, so please take the time to fill these out, even if it's 1-2 years after your surgery!

## ***Billing Information***

Thank you for choosing Panorama Orthopedics and Spine Center! We are here to help you navigate through the surgery process and ensure you are prepared from a clinical and financial standpoint.

### **What you can expect:**

1. Please note that there will be several entities billing separately for your surgery:
  - Surgeon
  - Assistant surgeon
  - Anesthesiologist
  - Facility
2. We will work with you to help you understand your benefits as you may have a deductible or co-insurance to meet before your insurance pays anything. It is always best for you to contact your insurance and check your in-patient and out-patient surgical benefits prior to your surgery.
3. You may require durable medical equipment (DME) and/or physical therapy for your recovery, which will also result in separate charges.
4. Most procedures allow 90 days of visits included in your post-operative care during follow-up from surgery. However, x-rays and cast changes are billable within those 90 days.
5. For some procedures with newer techniques, the insurance may consider the procedure to be “investigational or experimental” and may not want to cover all or part of your procedure. If that is the case, you will be notified prior to the surgery and a deposit and waiver may be necessary to proceed.
6. Prior to your surgery, our authorization team will contact your insurance company and get the procedure pre-approved. Some procedures do not require pre-authorization; however, we will always confirm. When we do obtain an authorization, your insurance company will inform us that **authorization is not a guarantee of payment**. That means that the insurance company can still deny procedures after they are performed, however our team will exhaust all efforts of appeal on your behalf.
7. If you have a deductible to meet with your insurance policy, our pre-surgical collections team will contact you to pre-collect towards your out-of-pocket requirement. The facility may also want to pre-collect as well, so we will coordinate so that we are not over-collecting. If no prepayment is required, our team will not reach out to collect.
8. If you have no insurance, we will pre-collect towards any elective procedure and we will help provide contact information so that you may obtain quotes from all parties involved in your surgery.



9. Our pre-surgical collections team can be reached at (720)497-6104 or by email at PreProcedureCollections@panoramaortho.com
10. If you are under workers' compensation, our team can be reached at (720)497-6131 or WorkComp@panoramaortho.com
11. Our billing team can be reached at (720)497-6637 or CustomerServiceTeam@panoramaortho.com

**PLEASE NOTE:**

**There are several unlisted hip procedures (CPT codes 29999 and 27299) that are deemed medically necessary per Dr. Ellman's expertise to achieve optimal outcomes following surgery. Unfortunately, these services are still considered "investigational or unproven" by insurance companies and are not reimbursed. Please read Dr. Ellman's non-covered service waiver form on the next page for further details. You may contact our billing department for any questions regarding this fee.**

**Hip Arthroscopy Non-Covered Service Waiver**

Patient Name \_\_\_\_\_ DOB: \_\_\_\_\_  
Responsible Party (if minor) \_\_\_\_\_

**[ ] Standard Prepayment Fee:** There are several unlisted hip procedures (CPT code 29999/27299) that are deemed medically necessary per Dr. Ellman’s expertise to achieve optimal outcomes following surgery. The following procedures have been demonstrated in the literature to result in improved clinical outcomes following hip arthroscopy:

- Capsular Repair
- Capsular Imbrication or Plication

At least one of these procedures is performed in every case by Dr. Ellman. Unfortunately, these services are still considered “investigational or unproven” by insurance companies and are typically not reimbursed. Therefore, Panorama will collect a prepayment fee of \$2000 *before* your hip arthroscopy procedure. This fee is required to continue the surgical process with Dr. Ellman.

Importantly, Panorama will submit these codes to your insurance company for authorization and payment. If these codes are authorized and reimbursed by your insurance company, you will be refunded the \$2000 waiver fee. In some cases, however, these procedures are either not authorized by insurance, or authorized but not reimbursed as they are deemed an “uncovered service.” In the event that these codes are not reimbursed by your insurance company, no refund will be given.

I understand that I am responsible for the standard prepayment of \$2000 prior to my hip arthroscopy procedure to cover the investigational capsular plication/imbrication.

\_\_\_\_\_  
**Signature of Responsible Party                      Date**

**[ ] Labral Reconstruction or Labral Augmentation:** In some cases, a **labral reconstruction/augmentation** may be performed in revision settings if a labral repair or reconstruction has failed, or in rare primary settings when the labrum is too severely damaged or inadequate to repair. During these procedures, a graft is used to reconstruct a new labrum (reconstruction) or build a thicker, more robust labrum (augmentation) from cadaver tissue. Labral reconstruction/augmentation procedures are considered “investigational” by some insurance companies, despite studies demonstrating excellent success rates. If Dr. Ellman performs a labral reconstruction/augmentation in your hip, you may be charged an additional \$3,000 *after* surgery to cover costs associated with the procedure. We will always attempt to charge your insurance company for this procedure first, but if they elect not to pay, you may be responsible for payment following surgery. This procedure is submitted to insurance for prior authorization, although authorization is not a guarantee of payment.

I understand that, in the event of a labral reconstruction procedure, I may be charged an additional \$3,000 following surgery to cover costs associated with the procedure.

\_\_\_\_\_  
**Signature of Responsible Party                      Date**