



**Jason Spangler, DO**

Total Joint Specialist  
and General Orthopaedics

## **Total Knee Arthroplasty**

---

### **Dr. Spangler's Comprehensive Surgical Guide**

Your Complete Resource for Preoperative,  
Intraoperative, and Postoperative Care



(423) 624-2696 | [Sportmed.com](http://Sportmed.com)

# Table of Contents

<b>Patient Financial Responsibility . . . . .</b>	<b>3</b>
<b>Preparation Before Surgery . . . . .</b>	<b>4</b>
Preparing Your Home . . . . .	4
Dental Services . . . . .	4
Rehab Education Class . . . . .	4
Medical Clearance . . . . .	4
Pre-Testing . . . . .	5
Holding Medications . . . . .	5
Bowel Management . . . . .	6
Prevention of Urinary Retention . . . . .	7
<b>The Evening Before Surgery. . . . .</b>	<b>7</b>
<b>The Morning of Surgery . . . . .</b>	<b>8</b>
<b>After Surgery . . . . .</b>	<b>8</b>
Discharge . . . . .	8
Compression Stockings QR Code . . . . .	9
Post-Operative Medication . . . . .	9
Bowel Management . . . . .	10
Blood Clot Prevention . . . . .	11
Physical Therapy . . . . .	11
Home Equipment . . . . .	11
Post-Operative Dressing. . . . .	12
Post-Operative Clinic Appointments . . . . .	12
Driving Post-Operatively. . . . .	13
Antibiotics after Total Joint Surgery . . . . .	13
<b>Important Contacts . . . . .</b>	<b>14</b>
<b>CSMO Physical Therapy Locations . . . . .</b>	<b>15</b>



# Patient Financial Responsibility

## **Center for Sports Medicine & Orthopaedic Surgery Center**

If you are having surgery at CSMO Surgery Center, a Patient Financial Coordinator will contact you via text message or phone call with an estimated cost of the procedure. This estimate includes your financial responsibility for your provider's services and CSMO Surgery Center. These estimates are based on your current insurance benefits, including co-insurance, deductibles and out-of-pocket requirements. Payment for these estimated service costs are due 1 week prior to your surgery date. If payment is not received 48 hours prior to the surgery date, your surgery may be rescheduled.

You will also receive a separate bill for anesthesia services after your surgery with their cost.

## **CHI Memorial, Parkridge Medical Center & Bradley Medical/Vitruvian Health**

If you are having surgery at a hospital, a Patient Financial Coordinator will contact you via text message or phone call with an estimated cost for your provider's services. The hospital will contact you separately regarding their cost. These estimates are based on your current insurance benefits, including co-insurance, deductibles and out-of-pocket requirements. Payment for these estimated service costs are due 1 week prior to your surgery date. If payment is not received 48 hours prior to the surgery date, your surgery may be rescheduled.

You will also receive a separate bill for anesthesia services after your surgery with their cost.

**If you have questions about your financial responsibility, please call Kim Kirk at (423) 664-5155.**



# Preparation Before Surgery

## Preparing Your Home for Surgery

- Discuss with your family who will be available to assist you for the first several days when you return home after your surgery.
- Frequently used items should be placed on a surface that is easy to reach. Put a bag on the front of your walker so you do not have to carry items when walking.
- Put away any throw rugs and clutter so that you have less risk of tripping.
- Remove any other items that may be a tripping hazard such as electrical cords.
- Use non-skid mats or decals in the shower or tub, use a plastic non-slip shower stool if you need to sit down.
- Arrange for assistance with pets. Have someone else available to walk your dog, especially if they are leash-walked. Be aware of where your pets are, discourage them from jumping on you. Your assistive device, such as a walker or cane, can sometimes be a deterrent.
- Have a firm chair that has side arms. You will be taught in therapy how to use the side arms to stand up and sit down. Avoid soft or low chairs, as they are difficult to get out of at times. A good height for chairs and toilets is 18 inches from the floor.

## Dental Services

- Have dental work and cleanings taken care of at least 6-8 weeks prior to your surgery. Infected teeth and/or gums can cause your new total joint to become infected. IF YOU ARE CONCERNED, SEE YOUR DENTIST PRIOR TO SURGERY TO DISCUSS.

## Rehab Education

- Plan on attending a rehab education class before surgery, commonly called prehab. This class will provide you with education and prepare you for recovery. The surgery scheduler will arrange this class when you pick your surgery date.
- You will be provided with information on machines to help ice your knee after surgery. You are not required to get one of these devices. Dr. Rogers does believe it is very helpful with pain and swelling in the postoperative period. There are three options: purchase an ice machine directly from our office, rent a machine for four weeks through Kinex, or purchase a machine on Amazon. Insurance does not cover the cost of these machines.

## Medical Clearance

- You may be required to obtain medical clearance from your primary care physician or other specialists based on your past medical history. Medical issues that have not been treated for a while can potentially lead to complications or delay your surgery.



- If you are having surgery at **CSMO Surgery Center**: Please enter your medical history online by completing the ONE MEDICAL PASSPORT, located at <https://sportmed.com/pre-registration/>. All information is kept confidential and will be thoroughly reviewed by your medical team.
- **Diabetic Patients**: A1C will need to be less than 8.0 to be considered a surgical candidate.

## Pre-Testing

- At least one week prior to surgery, the CSMO Surgery Center or the hospital pretesting department will contact you. They will discuss your past medical history and set up your appointment for pretesting. Pretesting will consist of lab work and other testing such as an EKG, chest x-ray, urinalysis, etc. This is mandatory prior to surgery. You will be contacted if your results are abnormal.
- If you have not heard from pre-testing seven days prior to surgery – please contact them:

**CSMO Surgery Center: 423-698-6871, option #1**

**Bradley Medical Center: 423-599-6540**

**Starr Regional Medical Center: 423-744-3363**

## Holding Medications Prior to Surgery

Prior to surgery, certain medications will be stopped. The exact timing depends on several factors, but if they are not held, your surgery will potentially be delayed, rescheduled or cancelled. This list is not comprehensive, therefore please contact us with any specific medication questions. Typically, at the preoperative call or visit, all your medications are reviewed, and medication recommendations are made. Recommendations for certain medications will be coordinated with the prescribing provider.

### Four weeks prior to your surgery date these drugs need to be stopped:

- Rheumatoid Arthritis Medications  
Humira      Remicade      Enbrel      Methotrexate      Others

We will coordinate these medications with your rheumatologist

### Two weeks prior to your surgery date these drugs need to be stopped:

- All Herbs
- All Joint Supplements (Glucosamine, Omega Oils)
- Multi-Vitamins, Vitamin E, Fish Oils/Omega Oils
- All Diet Pills



**8 Days prior to your surgery date, these drugs need to be stopped. These injections can cause a build-up of stomach contents, raising the risk of aspiration during anesthesia.**

- **Weekly Injections - Stop 8 FULL days BEFORE the scheduled procedure.**
  - Generic: Semaglutide; Brand: Ozempic, Wegovy
  - Generic: Dulaglutide; Brand: Trulicity
  - Generic: Exenatide; Brand: Bydureon
  - Generic: Tirzepatide; Brand: Mounjaro, Zepbound
- **Daily Injections-Stop 1 FULL day before scheduled procedure:**
  - Rybelsus

**Five days prior to your surgery date these drugs need to be stopped:**

- Anti-inflammatories (Ibuprofen, Aleve, Aspirin, Mobic, Celebrex, etc)

#### **Diabetic Medications BEFORE surgery:**

Many diabetic medications need to be taken differently in the days leading to your surgery. You will receive instructions from pretesting on how to hold these types of medications. If these instructions are not followed, your surgery will be CANCELLED.

- Glucophage    Metformin    Glucovance    Janumet

#### **Blood Thinners BEFORE surgery:**

Recommendations on how to discontinue these medications prior to surgery will be coordinated with the prescribing provider. If the instructions are not followed, your surgery will be CANCELLED.

- Coumadin    Warfarin    Jantoven    Xarelto    Eliquis
- Effient    Pradaxa    Aspirin & Plavix (may be continued at times)
- \* Do not have to hold Aspirin 81mg

#### **Bowel Management before surgery**

- Pain medication used after surgery can cause constipation. You may start stool softeners 1-2 days prior to surgery. It is recommended to continue taking them as long as you are taking narcotics.
- Try to have a bowel movement the day before surgery.



## Prevention of Urinary Retention

It is our policy to prescribe Flomax (Tamsulosin Hydrochloride) 0.4mg to help prevent urine retention after surgery. You will begin taking this medication 3 days prior to surgery and

4 days after surgery. This medication will only be prescribed if you meet at least one of the following criteria:

- Male patient with a history of BPH
- Male patient with history of urinary retention
- Male patient age 70 or older.

## The Evening Before Surgery

- You will receive a call sometime between 2pm-5pm from the Surgery Center or hospital to receive your actual arrival time for your surgery. If not, check your phone messages.
- Do not eat or drink anything after midnight, EVEN WATER, unless otherwise instructed.
- If you are having surgery at the **Starr Regional or CSMO Surgery Center**: You will have been instructed to drink 6-8 ounces of a preoperative carbohydrate drink 2 hours before arrival time on the morning of surgery. Please follow your pretesting nurse's instructions regarding this drink.
- If you are having surgery at **Bradley Medical Center**: You will have been instructed to drink 12 ounces of a preoperative carbohydrate drink at 10pm the night before surgery and another 12 ounces 5 hours prior to arrival time. No red or pink drinks.
- Do not take medications unless you have been instructed to do so during your preoperative assessment at the surgery center or hospital.
- Take a shower with an anti-bacterial soap that is either given to you at Pretesting or purchased at a pharmacy or store. Common brands of the Chlorhexidine soap may be Hibiclens, Dynahex, or others.
- If you are having surgery at the **CSMO Surgery Center**: Please pick up your post-operative medication at your preferred pharmacy the day before surgery.



## The Morning of Surgery

- Take a shower with an anti-bacterial soap that is either given to you at Pretesting or purchased at a pharmacy or store. Common brands of the Chlorhexidine soap may be Hibiclens, Dynahex, or others.
- Suggested items to take to the hospital: Personal hygiene (toothbrush, toothpaste, deodorant), Watch, Phone and charger, Loose fitting or athletic clothing, Slippers with non-slip soles or tennis shoes, Rolling Walker (front wheel only, rollators are not recommended). You will need a walker to get into the home you are staying in.
- **It is very important to bring your Photo ID, an up-to-date list of medications, and your Insurance cards.**

## After Surgery

### Discharge

- **CSMO Surgery Center Patients:** You will be discharged from the surgery center the same day. You must have someone remain with you until you are discharged and drive you home. You must have arrangements made for someone to stay with you at home for the first 24 hours after surgery.
- **Bradley/Starr Patients:** You may be discharged home from the hospital the same day or you may stay overnight at the hospital. You must have arrangements made for someone to stay with you at home for at least the first 24 hours after surgery, longer is better though.
- You will wake up with a knee immobilizer on. If proper quadriceps strength (decided by nurse after surgery), you will only need to wear the brace when sleeping at night until you are 4 weeks out from surgery. If the quadriceps is weakened, you will wear the brace for the first 24-48 hours until the block wears off – then you will need to wear the brace when sleeping at night until you are 4 weeks out from surgery. The best test for strength is to be able to lift leg straight from the hip well.
  - You will leave the hospital using a walker, and transition to a cane as guided by therapy.





## Compression stockings QR Code

- You will wake up with thigh high compression stockings on. You are to wear these for 23 hours a day for the first 4 weeks after surgery on both legs. This helps to limit swelling and the risk for a blood clot.

**Please scan QR code for additional stockings,  
just pick your size (15-20mmHg):**



- Use ice for pain relief at least three times daily for 15-20 minutes, and more as needed. Always use ice after your exercise program.
- Your appetite may be poor at first but will return.
- Drink plenty of water to stay hydrated.
- As you recover, your energy level may be low for a while after surgery.
- Walk every 2 hours while awake, continue to increase the distance that you walk as you heal.
- If you are not staying at your own home after surgery, please inform our office where you will be staying and the best phone number to contact you at.

## Post-Operative Medication

### Oxycodone Acetaminophen 5/325mg

This medication is an opioid used to treat pain during the first couple of weeks following surgery. You may take 1 tablet every 4-6 hours as needed for pain. It is strongly recommended that you use this medication at a minimum for the first 3-5 days. You may occasionally take 2 tablets at first if needed.

### Aspirin 325mg

Blood thinner post operatively for DVT prophylaxis taken twice daily, once in the morning and once in the evening. You may be on something else as well based on medical history - this will be determined before surgery.

### Colace Docusate 100mg

Laxative for post op constipation due to narcotic use. You may take this as needed.



## **Zofran / Ondansetron HCl 4mg**

Prevention of nausea and vomiting from anesthesia or your pain medication. You may take this as needed.

We try to wean off stronger prescription medications as soon as is reasonable and use non-prescription pain relievers. It is important that you take your prescriptions as directed.

Do not take more than prescribed and do not take it if you do not need it. When it is time to consider taking another pill and you are not experiencing pain, it is entirely reasonable to take your pain medications less frequently than prescribed.

## **Bowel Management After Surgery**

Surgery, anesthesia, limited mobility, and the use of certain medications may slow your bowel function and cause constipation. In the event you experience bowel issues, the following are recommendations that may be helpful.

- Take OTC stool softener of choice daily, and laxatives as needed (good choices-Stool Softeners: Miralax, Colace, Laxative: Senekot or Senna).
- Drink extra water every day (at least 64 ounces).
- Drink juices, especially prune juice and apple juice, which promote stool softening.
- Drink a hot beverage about 30 minutes before your usual time for a bowel movement. Caffeinated drinks such as coffee or hot tea can help.
- Increase dietary fiber: whole grain breads, cereals, pasta; fresh/dried fruits, fresh vegetables, beans; use a fiber supplement.
- Increase probiotic foods: yogurt, sauerkraut, kombucha, etc. Use a probiotic supplement.
- Walk every day.
- Reduce narcotic pain medication use as pain level allows.

## **Over the Counter Options for relief of severe constipation:**

- Dulcolax 5mg tabs (this medication is sent in by us before surgery)
- Magnesium Citrate
- Suggested constipation mixture: Mix 2 tablespoons Milk of Magnesia with 2 tablespoons WARM Prune Juice and 2 tablespoons Sprite; Drink. If no results within 2-3 hours, repeat dose. If no additional results in another 2-3 hours, you may repeat dose one more time.
- Fleets enema, if above mixture not successful
- \* For Severe Constipation: Call CSMO if no BM within 3 days after surgery. Notify CSMO if you have tried any of these and still do not have a bowel movement. We can order prescription medications if necessary.



## Post-Operative Blood Clot Prevention

- You will wake up with a thigh high compression hose. You are to wear these for 23 hours a day for the first 4 weeks after surgery on both legs. This helps to limit swelling and the risk for a blood clot. If they cut into your thigh, let us know ASAP! You can roll them down or convert to knee high if necessary.
  - Most of the time, you will be prescribed Aspirin 325 mg twice a day for 2 weeks and then once a day for 2 weeks.
- \* If you are already taking a blood thinner daily, we will NOT be sending in medication to your pharmacy as you will need to follow the protocol determined by your cardiologist team which is communicated before surgery.\*\*

## Physical Therapy

- Typically, you will begin physical therapy 1-2 days discharge.
- Therapy will guide you on the transition from a walker to a cane around the 2-week mark.
- Therapy will be 2 times a week for at least 4-6 weeks.
- It is recommended to take your pain medicine at least 30 minutes prior to physical therapy appointments. Do not drive while on pain medication - you will need a driver initially.
- Walk every hour while awake and continue to increase the distance that you walk as you heal. Continue home exercise programs twice daily for 6 weeks or as instructed.

## Home Equipment

### ▪ Pedal Exerciser / Restorator

Pedal exercises completed twice daily are recommended as part of your home exercise program after a total knee replacement. This active range of motion exercise allows your knee to bend and stretch, and reduces the risk of scar tissue formation during healing. Begin pedal exercises the day after surgery. You may begin pedaling according to tolerance at first. For example, you may only be able to do 25 revolutions forward and 25 backwards. Or, you may only be able to rock back and forth at first until you can begin to do full revolutions. You will gradually increase your revolutions as your knee heals.

The pedal exerciser is shown here.



## Pedal exerciser Instructions

- Sitting upright at back of chair, place both feet inside pedal straps.
- Pedal bicycle 100 times forward.
- Pedal bicycle 100 times backward.
- Do this each morning and evening for at least six weeks.

## Post-Operative Dressing

Your knee will have a compression dressing that consists on an ACE Wrap and gauze underneath. You will remove this 2 days after surgery. Your incision will be covered with a medicated incision dressing for the first week after surgery, usually called Mepilex. If you experience severe itching or irritation from the dressing, please remove it. This dressing is waterproof which allows you to shower once the compression dressing is removed. If it looks clean and dry, it can remain on for 5-7 days and then replace it with a new dressing to keep on until your follow-up appointment.



To remove the specialty dressing, loosen it by stretching an edge before pulling it off. Once the surgical dressing is removed, you will no longer be able to get the incision wet when showering. Please cover your staples during week 2 by wrapping the surgery area with Glad Wrap Press-N-Seal or a plastic bag taped to the skin.

The incision should then be kept clean, dry and covered until your 2-week post op appointment.

## Post-Operative Clinic Appointments

- Most initial 2-week post op visits are scheduled with Joseph Teal, Dr. Spangler's physician assistant.
- Typically, patients will then follow up around 6 weeks with Dr. Spangler, but occasionally with Joseph Teal.
- Appointments will be scheduled as recommended or needed thereafter.

### **Driving Post-Operatively**

On average, patients typically resume driving around to 3-4 weeks post-operatively when you are:

- No longer using the walker, no longer taking narcotic pain medication during the day and when you feel safe to drive.
- Practice in a parking lot and start with short distances first.

### **Antibiotics after Total Joint Surgery**

We do not recommend dental work until 90 days after your total joint replacement. We do not mandate antibiotics for dental cleanings or procedures, but if you chose to take them prior to dental work, we do have a protocol in place. Please call Dr. Spangler's office.



## Important Contacts

**Dr. Spangler's Medical Assistant** – Tiffany Wampler (423) 624-2696

**Dr. Spangler's Physician Assistant** – Joseph Teal (423) 624-2696

**Your Case Manager** – Gail Peterson (423) 693-0068

- Works with you and your family to develop a discharge plan that meets your needs and allows you to return to your regular activities as soon as possible
- Expects that you should be able to go home to recover in your own safe surroundings
- Communicates your plan to the hospital and other centers
- Reviews needs you may have at home after surgery, your physical therapy appointments and medical equipment will be pre-arranged
- Acts as your advocate throughout your total knee replacement journey

**Your Surgery Scheduler** – Bentley Williamson (423) 697-8821 ext: 1072

- Schedules your surgery, pre-operative appointments, and post-operative appointments
- Assists in coordinating any required pre-operative clearances from your primary care and specialty physicians
- Works with the financial team to ensure that your insurance company's approval / pre-certification is obtained so that you may plan accordingly

**Dr. Spangler's Forms Specialist** – Michelle Bumgardner (423) 697-8788

- Completes any forms or documents required for FMLA, work releases, etc.
- The office has a \$20 processing fee, and a signed information release is required.
- Fax Number: 423-664-5156

### Your Billing Department

- Will contact you before surgery to discuss your estimated coinsurance and deductible. They will estimate your out-of-pocket expenses and discuss expected costs and payment expectations.

**CSMO Billing Department at 423-629-4395**

**CSMO Surgery Center Billing Department at 423-269-6244**

**Bradley Medical Billing Department at 423-380-6090**

**Starr Regional Billing Department at 423-745-1411 Ext: 3210**



## CSMO's Physical Therapy Locations

### **McCallie Office**

2415 McCallie Ave, Chattanooga TN 37404

423-624-2696 x 3000

### **Gunbarrel Office**

1949 Gunbarrel Road Suite 280, Chattanooga TN 37421

423-624-2696 x 3001

### **C4 Sports Therapy – Chattanooga**

6401 Lee Highway Suite 109, Chattanooga, TN 37421

423-713-5639

### **Hixson Office**

2051 Hamill Road, Hixson TN 37343

423-624-2696, x 3002

### **Cleveland Office**

2400 North Ocoee Street, Cleveland TN 37311

423-624-2696, x 3003

### **C4 Sports Therapy – Cleveland**

2399 Parker Street NE Suite C3, Cleveland TN 37311

423-697-8844

### **North Georgia Office**

4725 Battlefield Parkway, Ringgold GA 30736

423-624-2696 x 3005

