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# Dr. Randall at Tempe St. Luke's Hospital

## Hip and Knee Replacement Client Guidebook



Edition B: December 2023

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# Welcome! Thank you for choosing Dr. Randall and Steward Tempe Orthopedics!

With over 18 years of experience providing the highest level of care in hip and knee replacement to the people of Arizona and the nation, we are ready to help you succeed.

We have provided you this guidebook to help you navigate through the process. If you ever have any questions, we are here to assist you.



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## Timeline leading up to your surgery day:

### Step One: We decide to schedule surgery.

An EKG order should be sent to your local hospital at that time, unless you have had one done recently. EKG must be done within 6 months of your surgery date. Remember, if your EKG shows any abnormalities, you may need to be evaluated by a cardiologist. You can help us by letting us know if you are already under the care of a cardiologist and if so, making an appointment to be seen by him or her. If your EKG is normal and if you don't already see a cardiologist and you don't have any history of heart or vascular disease, you don't need to see a cardiologist before the operation.

### Step Two: The Preoperative History and Physical

Federal regulations require that you have a history and physical exam within 30 days of surgery. At this visit, you will be seen by Dr. Randall and her assistants. We will check your blood pressure and other vital signs, and we will review your EKG and cardiac evaluation. Preoperative lab tests, which need to be within 30-45 days of surgery, will be ordered at this visit for us to review later. We will also have time to answer any questions you may have remaining.

### Step Three: Iovera (Knee replacement clients only)

Iovera is a type of cold therapy nerve block treatment which is covered by most, but not all, insurance plans. The treatment is optional, but recommended. It is performed by Dr. Randall at the hospital. It takes about 45 minutes to complete. It does involve needles, similar to acupuncture or a tattoo. Lidocaine is used to numb the areas that will be treated, so discomfort is minimal. Iovera is usually done about 2 weeks before the knee replacement operation; sometimes, it is done at the same visit as the preoperative history and physical appointment. Currently, we are scheduling Iovera on Wednesday afternoons at Tempe St. Luke's Hospital.

### Step Four: Stop blood thinning medications

7-10 days before surgery, you should stop any medications that thin the blood. Examples are ibuprofen, plavix, fish oil, turmeric, vitamin E

#### EXCEPTIONS:

Plavix should be stopped 7 days before surgery

Xarelto, Eliquis should be stopped 3 days before surgery

Baby Aspirin does not need to be stopped.

If you take prescription blood thinners for your heart or vascular system, be sure to discuss the specifics of your timeline with Dr. Randall, as your case may be different.

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## Timeline leading up to your surgery day:

### Step Five: Make Travel Plans

We recommend traveling to the area of your operation the previous evening. Remember, there might be road traffic, or your arrival time might be changed at the last minute. This DOES happen more often than you would think. To ensure that everything goes smoothly and to reduce stress, you should really consider staying the night before surgery locally.

### Step Six: Arrival time

A couple of days before surgery, a nurse will call you to tell you what time to arrive for surgery. It could be as early as 5:30 am. Many people wish that they would know the arrival time further in advance; but, as the schedule may change due to illness or other reasons, this is the best way to do it. If you were told a week ahead of time, the likelihood that the schedule would change is much higher.

### Step Seven: The night before

You should be sure to stop eating and drinking at midnight, the night before your operation. Necessary medications may be taken that morning with a small sip of plain water.

### Step Eight: Arrive at the hospital/Surgery Center

Friendly staff will greet you and take over everything at that point. We look forward to seeing you! Bring your medications in their original bottles, wear comfortable clothing; the nurses will have given you more instructions in their phone call.

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## Appointment Schedule:

### Surgery:

Tempe St. Luke's Hospital  
1500 South Mill Avenue  
Tempe, AZ 85281  
(480) 784-5500

Oasis Hospital  
750 North 40th Street, Phoenix 85008  
(602) 797-7775

Banner Camelback Outpatient Surgery Center  
2222 East Highland Avenue, Suite 100  
Phoenix, AZ 85016  
(602) 354-3242

### First appointment:

### Second appointment:

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# Common Questions

1. **Driving:** In general, you may resume driving 2 weeks after surgery, as long as you are not taking narcotic pain medication.
2. **Supplements:** You may resume most supplements 2 weeks after surgery. If you have questions about a specific supplement, please ask us.

## Examples:

Vitamins A,B,C and D; Calcium and Magnesium; and baby aspirin do not typically need to be stopped. Advil, Ibuprofen, Aleve, Vitamin E, fish oil, turmeric, ginkgo and other anti inflammatory medicines and supplements may cause increased surgical bleeding and should be stopped 7 days prior to surgery and resumed 14 days afterward.

3. **Medication refills:** You may receive medication refills as deemed appropriate for up to 90 days after your operation. Due to government regulations, you may receive a small number of pills for your first prescription. You may absolutely call for more medication as you run low.

4. **Arrival time, day of surgery:**

A nurse from the hospital or surgery center will call you a couple of days before your surgery day to tell you what time to arrive. Please be flexible: remember, someone else may cancel due to illness or other reason, and your operation may be moved earlier in the day! It is not unusual to be told to arrive at a certain time a couple of days beforehand, yet on the day of surgery receive a call asking you to come in earlier. We recommend strongly that you arrive to the Phoenix area the night before to spend a relaxing night at a hotel or family member's home.

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## Total Hip Replacement Postoperative Instructions:

### Weight Bearing:

You are allowed to be weight bearing as tolerated on your operated leg. A walker should be used for the first 2 weeks after surgery, even if you think that you might not need it; this is to help promote proper bone healing. After 2 weeks, you may transition to use of trekking poles.

### Hip Dislocation Precautions:

Avoid arching your back and avoid bringing your knee close to your chest. The highest risk of hip dislocation after an anterior approach hip replacement is in the first 2-3 months.

### Bandage:

Your bandage is called Silverlon. It may be left in place until your 2 week visit. Please cover the bandage with plastic film such as Glad Press and Seal and tape when showering.

If you have any questions about the integrity of the bandage, please call us for advice. We may ask that you send us a photo of the area so we can advise you.

### Bathing:

You may take short, cool showers if the Silverlon bandage is covered with plastic. Please do not submerge the area in water.

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## Total Hip Replacement Postoperative Instructions:

### Other instructions:

Aspirin 81 mg twice daily, starting the morning after surgery, is used to reduce your risk of deep veinous thrombosis. It is important to note that the aspirin is for this reason and not for pain.

Some people may receive a prescription for Meloxicam. This serves the same purpose as ibuprofen, but with a lower risk of causing blood clots/ thrombosis. Don't use ibuprofen.

Compression stockings should be worn during the day. If you have your own that you prefer to the ones given to you, you are welcome to wear those instead. You may remove them at night and they may be washed as needed.

Physical therapy will be prescribed for you. This is to ensure that you are doing well and are making the proper progress while reducing complication rates.



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## Total Knee Replacement Postoperative Instructions:

**Weight bearing:** You are allowed to be weight bearing as tolerated on your operated leg. Please use your walker, crutches or 2 trekking poles for the first 2 weeks.

**Bandage:** Your bandage is called Silverlon. It may be left in place until your 2 week visit. Please cover the bandage with plastic film such as Glad Press and Seal and tape when showering.

If you have any questions about the integrity of the bandage, please call us for advice. We may ask that you send us a photo of the area so we can advise you.

**Bathing:** You may take short, cool showers if the Silverlon bandage is covered with plastic. Please do not submerge the area in water.

**Physical therapy:** Achieving early flexibility of your knee is extremely important. If the knee is not moved early on in the recovery process, you may never achieve the degree of flexibility that you desire. We recommend that you ride a stationary bicycle every day in addition to seeing your physical therapist. Using a bicycle ten minutes a session, 3 sessions a day is advised. Remember, even if you cannot make a full revolution, going back and forth on the pedals is also very helpful. You should be able to bend your knee to at least 100 degrees by the time you come to see us at 2 weeks. If you are having trouble with the bend, please let us know right away.

You should wear your knee immobilizer to bed at night, every night for the first 2 weeks. At your 2 week visit, we will assess your knee extension to see if the brace can be discontinued. Once you can do 10 straight leg raises in a row, you don't need to wear the brace at all during the day.

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## Total Knee Replacement Postoperative Instructions:

### Other instructions:

Aspirin 81 mg twice daily, starting the morning after surgery, is used to reduce your risk of deep vein thrombosis. It is important to note that the aspirin is for this reason and not for pain.

Some people may receive a prescription for Meloxicam. This serves the same purpose as ibuprofen, but with a lower risk of causing blood clots/thrombosis. Don't use ibuprofen.

Compression stockings should be worn during the day. If you have your own that you prefer to the ones given to you, you are welcome to wear those instead. You may remove them at night and they may be washed as needed.



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## Physical therapy

Physical therapy will typically be prescribed for you. We have partnered with Basecamp Physical Therapy for our clients in and around Flagstaff.

Damien at Basecamp holds a doctorate in physical therapy and has done a fellowship in orthopedics. He will communicate with us directly regarding the progress of our patients. For those people who live outside of Flagstaff, we do have local contacts near you as well. Having a local professional monitoring your progress helps to ensure that you are doing well and reduces complication rates.



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## Physical Therapy Partners

### Flagstaff:

#### Basecamp Physical Therapy

2619 South Woodlands Village Boulevard

Suite 750

Flagstaff, Arizona 86001

(928) 224-0747

[flagstaffpt.com](http://flagstaffpt.com)

#### Other therapy locations to consider/ Northern Arizona

### Sedona:

Sedona Physical Therapy (aka Lebec PT)

(928) 282-5050

Amy Davis, Village of Oak Creek

(928) 284-4755

### Kingman:

Deering Therapy

(928) 753-4263

Banner Therapy / Airway

(928) 757-1211

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## **Cottonwood:**

Precision Therapy

(928) 634-1900

Northern Arizona Rehab and Fitness

(928) 649-9726

## **Phoenix/Tempe area:**

### **Aurelio Performance Physical Therapy**

Near Hayden and McDowell, Scottsdale

Dr. Marco Machado, DPT (Valley colleague of Damien at Basecamp)

480-569-2442

[hello@auphysicaltherapy.com](mailto:hello@auphysicaltherapy.com)

[aureliophysicaltherapy.com](http://aureliophysicaltherapy.com)

## **Home Health Partner:**

Angels Care Home Health

[www.angelscarehealth.com](http://www.angelscarehealth.com)

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## Charges I might see on my Insurance EOB

1. **Surgeon:** You will see charges for the services of your surgeon in performing the operation.
2. **Surgical assistant:** Two assistants are used in most of Dr. Randall's operations. They typically will be Derek Bontrager, CFA (Certified First Assist) and another individual. Some insurance companies will allow payment for only one assistant. In that case, both people will still be helping during your operation, but only one will receive the insurance payment. You will not be billed separately if your insurance does not pay one of the assistants. If, however, you are paying cash and not using insurance, you will receive bills for both assistants. This amount is usually around \$400.00 each.
3. **Anesthesia:** We use primarily CRNA anesthetists (Certified Registered Nurse Anesthetists) from Greater Anesthesia Solutions. This is a small group of highly experienced CRNAs that provides the best quality and most consistent care for our patients. Greater Anesthesia Solutions is credentialed with most insurance companies.
4. **Facility Fee:** This is likely the largest fee that you will see listed. This is the amount that Tempe St. Luke's Hospital, Oasis Hospital or Banner Camelback Surgery Center charges and includes payment to all of your nurses, use of the hospital equipment, payment for sterilization and maintenance of surgical instruments, etc. At Oasis, this also includes the cost of your hip or knee implant. At Banner and other ASCs, this may be listed as a separate line item, usually running from about \$4500 up to \$10,000 or more.
5. **Hospitalist:** At Oasis and Tempe St. Luke's, your excellent medical care is ensured by an internal medicine doctor who works in conjunction with Dr. Randall. She ensures that you receive proper surgical care; the hospitalist ensures that you receive proper medical care. Hospitalists sometimes also assist at outpatient centers such as Banner Camelback as well; usually via Zoom or other forms of telemedicine. At Banner, this fee is usually part of the facility fee. At Oasis and Tempe St. Luke's, this may be a separate charge to your insurance.

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6. **Transitional Care Medicine:** TCM is a program run by our Hospitalists intended to continue the medical care you receive at the hospital to cover you at home during the first few weeks of your recovery. For example, if you need a refill on pain medication, have concerns about your healing, or need help with medical issues such as illness, high blood pressure or bowel problems, the nurse practitioners and medical doctors of TCM will be available by phone or video conference for you to consult. This program IS billed to your insurance company as telemedicine visits. This is optional for you: it is not required. Of course, Dr. Randall, Derek and Kandice will be there to help you; however, think of this as just an additional way to have contact with someone after surgery should any issues arise.

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## Restrictions

Please wait before having these procedures done:

**Dental cleanings:** 3 months

**Colonoscopy or EGD:** 3 months

Once you have passed the 3 month mark after surgery, the risk of developing an infection in your hip or knee due to bacteria getting in your blood from these procedures goes down to almost normal.

Sometimes, you can't wait. For example, maybe you develop bleeding from an ulcer in your stomach or intestine, or an abscessed tooth. In that case, the benefit of having the procedure done may outweigh the risk of potential infection. Still, this risk may be lessened if you are given antibiotics.

Dr. Randall recognizes that there is controversy surrounding the use of antibiotics for dental cleanings. Nonetheless, she recommends that antibiotics be taken before cleanings. You may get these antibiotics prescribed to you at your 6 week postoperative visit to keep on hand and you may call us at any time for a refill.

If you sustain a cut or bite that becomes infected, or if you develop any other infection, you are welcome to call us for advice on what to do. We will likely ask that you send us a photo of the cut or bite so we can better assist you.



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## What equipment do I need?

### Hip replacement:

**Required:** Walker, trekking poles

**Suggested:** Elevated toilet seat, sock assist, reacher

### Knee replacement:

**Required:** Knee immobilizer, walker, trekking poles

**Suggested:** Ice machine, stationary bicycle or ROMTech bicycle

Knee immobilizers are provided by the hospital on the day of surgery.

Ice machines are available through

Trekking poles should be obtained before surgery. The hospital or surgery center will not provide these.

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## OneSource Medical (Medical Equipment Supplier)

20789 N Pima Road, suite 250  
Scottsdale, AZ  
85255

Phone  
(480) 393-3129

fax  
(866) 422-4007

Website  
[www.onesourcerecovermed.com](http://www.onesourcerecovermed.com)

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## AAHKS (American Association of Hip and Knee Surgeons)

**[WWW.HIPKNEE.AAHKS.ORG](http://WWW.HIPKNEE.AAHKS.ORG)**

AAHKS is our parent organization. Dr. Randall has been a member since 2005, and Derek Bontrager since 2016. Its patient website has a wealth of good information on a wide range of topics that are important to you. The videos are highly entertaining! Please see the following sheet for instructions to view the website. We encourage you to take a look.



# PATIENT EDUCATION AND THERAPY RESOURCES AVAILABLE

## EXERCISE HANDOUTS & VIDEOS

- Pre-op and Post-op Exercises
- Troch, Pes, Iliopsoas Bursitis Management
- Full Exercise Schedules Included

## FREE Printable and Downloadable

Materials for your patients. Available in **English, Spanish** and some **Hindi**

## VIDEOS

- What are my Implants Made of?
- Journey thru Knee Surgery
- Primary THA and TKA Videos

## PODCASTS

- Optimization
- Perioperative Protocols
- Sleep Disturbance



[WWW.HIPKNEE.AAHS.ORG](http://WWW.HIPKNEE.AAHS.ORG)



SCAN QR CODE  
to go directly to website

## ARTICLES

- Primary THA and TKA Topics
- Osteonecrosis
- Robotics and Technology Use

All materials presented on the website are produced by the AAHS Patient and Public Relations Committee and peer reviewed by the AAHS Evidence Based Medicine Committee.



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## Hotels

Tempe St. Luke's Hospital has partnerships with several local hotels. These offer special rates for people having surgery at the hospital.

### **Tempe Mission Palms Hotel**

60 E. 5th Street

(480) 894-1400

### **Hampton Inn**

1429 North Scottsdale Road

(480) 675-9799

### **Residence Inn Tempe Downtown/University**

510 South Forest Avenue

(480) 967-2300

### **Hyatt Place Tempe/Phoenix Airport**

1413 West Rio Salado Parkway

(480) 804-9544

Code: 54461

### **Twin Palms Hotel**

225 East Apache Boulevard

(480) 967-9431

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## Hotels

### **Courtyard Phoenix Airport**

2621 South 47th Street, Phoenix

(480) 966-4300

### **Vib Best Western Tempe**

511 South Farmer Avenue

(480) 805-2070

### **Embassy Suites by Hilton Tempe**

4400 South Rural Road

(480) 897-7444

**\*\*\*Please ask for the Tempe St. Luke's Patients and Visitor Rate\*\*\***

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## Important Contact Information

Surgery Scheduler, **Kandice**: (928) 600-0479

Pre-admissions testing nurse, **Shelley** (Tempe St. Luke's):  
(480) 784-5525

**Dr. Randall**, Office: (602) 553-3113

**Derek**, assistant to Dr. Randall, Office: (602) 553-3113

**Office address:**

1492 South Mill Avenue, suite 113  
Tempe, AZ 85281

