



MASSACHUSETTS  
GENERAL HOSPITAL

ORTHOPAEDICS



HARVARD  
MEDICAL SCHOOL

# Surgical Guide

Information for Orthopaedic Surgery Patients



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Welcome to the Department of Orthopaedic Surgery at Massachusetts General Hospital (MGH). In this guide, you will find general information about having orthopaedic surgery at MGH's main campus in Boston or one of our satellite campuses – the Ambulatory Surgery Center at MG West (Waltham), the Northshore Center for Outpatient Care (Danvers) and the BW/Mass General Health Care Center (Foxborough).

We are pleased that you have chosen to have your surgery with us. Our dedicated team will work with you to coordinate all aspects of your care – from your first appointment, assisting with the decision making process, coordinating your surgery and your recovery.

Your care team will include Orthopaedic Surgeons, Anesthesiologists, Nurse Practitioners, Perioperative and Inpatient Nurses, Fellows and Residents. Fellows are orthopaedic surgeons in training for advanced joint replacement techniques. Residents are physicians-in-training to become orthopaedic surgeons.

Please visit our website for additional patient education information: [www.massgeneral.org/orthopaedics/patient-education](http://www.massgeneral.org/orthopaedics/patient-education)

If you have any questions or concerns throughout the surgical process, get in touch with us. Your doctor's office is happy to answer any questions you have.



Center for Hip & Knee Replacement: 617-726-8575

Children's Orthopaedics: 617-726-8523

Foot & Ankle Center: 617-724-9338

Hand & Arm Center: 617-726-4700

Orthopaedic Oncology Service: 617-724-3700

Orthopaedic Trauma Center: 617-726-9111

Shoulder Service: 617-724-7300

Spine Center: 617-724-8636

Sports Medicine Center: 617-726-7500



## Preparing your Home Before Surgery

Prior to your surgery, there are several things you can do to make your home and bathroom safer and more comfortable when you return home. A few examples are listed below. Your doctor's office may give you more specific information on preparation based on your unique case; however, here are some suggested tips. If you have questions about preparing your home before surgery, contact your doctor's office.

- Move furniture to make clear paths in your home. You may be using crutches or other assistive devices after your surgery, so you will need more room to move around.
- Depending on the type of surgery, consider setting up a sleeping area on the first floor.
- Move throw rugs that may cause a slip or trip.
- Stock-up on food, toiletries and medications.
- Prepare and freeze meals before your surgery.
- Ask a friend or relative to stay with you or come by for visits after surgery.
- Shower chairs and hand-held shower heads can make bathing easier and safer.



*Tub bench*



*Hand-held shower head*

## Taking Medications Prior to your Surgery

10 days before your surgery, stop taking anti-inflammatory medication. If you take aspirin because of its potential benefits, please stop that as well. **HOWEVER**, if you take aspirin to prevent clotting of any stent or cardiac or vascular graft or because you have known heart disease, **DO NOT STOP** your aspirin.

In most cases, patients on Coumadin will be asked to stop taking it five days before your surgery and have a blood test the morning of surgery to make sure your blood is not too thin. For patients on Plavix, you should only stop if you have direct instructions from your cardiologist that it is safe to do so.

Check with your physician about the medicines you take and any medicines you feel you will need the day of surgery.

## Diet on the Day of Surgery

Do not eat or drink anything after 10:00 pm the night before your surgery, unless otherwise instructed. This includes water, mints, candy or chewing gum. If you eat or drink after 10:00 pm, your surgery may be cancelled. If you have been instructed to take any medication the day of surgery, you can take the medication with a sip of water.

## Getting Dressed the Day of Surgery

Wear loose, comfortable clothing the day of your surgery. Do not wear any nail polish, hair spray, body lotion, perfume, make up or jewelry. This includes any rings, wedding bands and any piercings. The operating room staff may need to cut off rings if they are not removed.

Do not wear contact lenses on the day of your surgery. Bring your glasses and a case for storing them. See the checklist on the next page for what else to bring on the day of your surgery.



## Steps to complete before your surgery

- Read the information from your surgeon's office. Call the office if you have any questions.
- Schedule appointments with other doctors (like a cardiologist or PCP) if advised by your surgeon.
- Fill out your pre-surgical assessment online through Patient Gateway from the comfort of your home. This helps save time at your Pre-Admission Testing appointment: <http://www.massgeneral.org/orthopaedics/about/patient-gateway.page>
- If required by your surgeon, complete blood work, tests, and other doctor visits. You can do this at MGH - Main Campus or with your healthcare provider.
- If you are having surgery at MGH - Main campus, participate in your Pre-Admission Testing evaluation either by phone or in-person. Your surgeon will determine which option is appropriate for you.
- Prepare your after-surgery arrangements:
  - Prepare your living space
  - Ensure prescriptions for your usual medications are filled prior to surgery
  - Stock up on prepared foods and groceries prior to your surgery
  - Arrange rides from the hospital
- Follow instructions for the day of surgery as advised by your surgeon.

Note: If necessary, any post-operative recovery like physical therapy, home care, or skilled nursing facility will be arranged by your healthcare team.

## What to Bring to the Hospital

### For outpatient & inpatient procedures

- Insurance and prescription cards
- List of medications and allergies
- Specific medications your surgeon's office told you to bring
- If you use an inhaler, please bring it with you
- Books or magazine to read before going into surgery
- Eyeglasses and a case for storing them. Please **DO NOT** bring or wear contact lenses to your procedure.

### Extra items recommended for inpatient procedures

- Flat, comfortable athletic or walking shoes (slip-on shoes can be easier to wear after surgery)
- Elastic waist-band pants and pajamas
- Personal toiletries (MGH will provide basic toiletries, but bring specific products you want from home)

Please **DO NOT BRING** any personal valuables such as jewelry, credit cards or large amounts of cash.



### Pain Management

Before surgery, your doctor will discuss pain management with you. Please inform the doctor if you have any allergies or intolerances to pain medications. We ask most patients to stop taking their pain medications 2-3 weeks after surgery. If you require narcotic pain medication beyond three weeks, you may be referred to a pain clinic or to your primary care provider for further pain management. We do not provide narcotic pain medications for acute, non-surgical issues.

Note: Some narcotic pain medications cannot be called into the pharmacy. Plan ahead if your prescription is running low, as you will need to have the prescription mailed to you, or you need to pick up a new prescription at our office.

When you are home after surgery, ice therapy is an effective form of pain management to relieve swelling and pain.

### Driving after Surgery

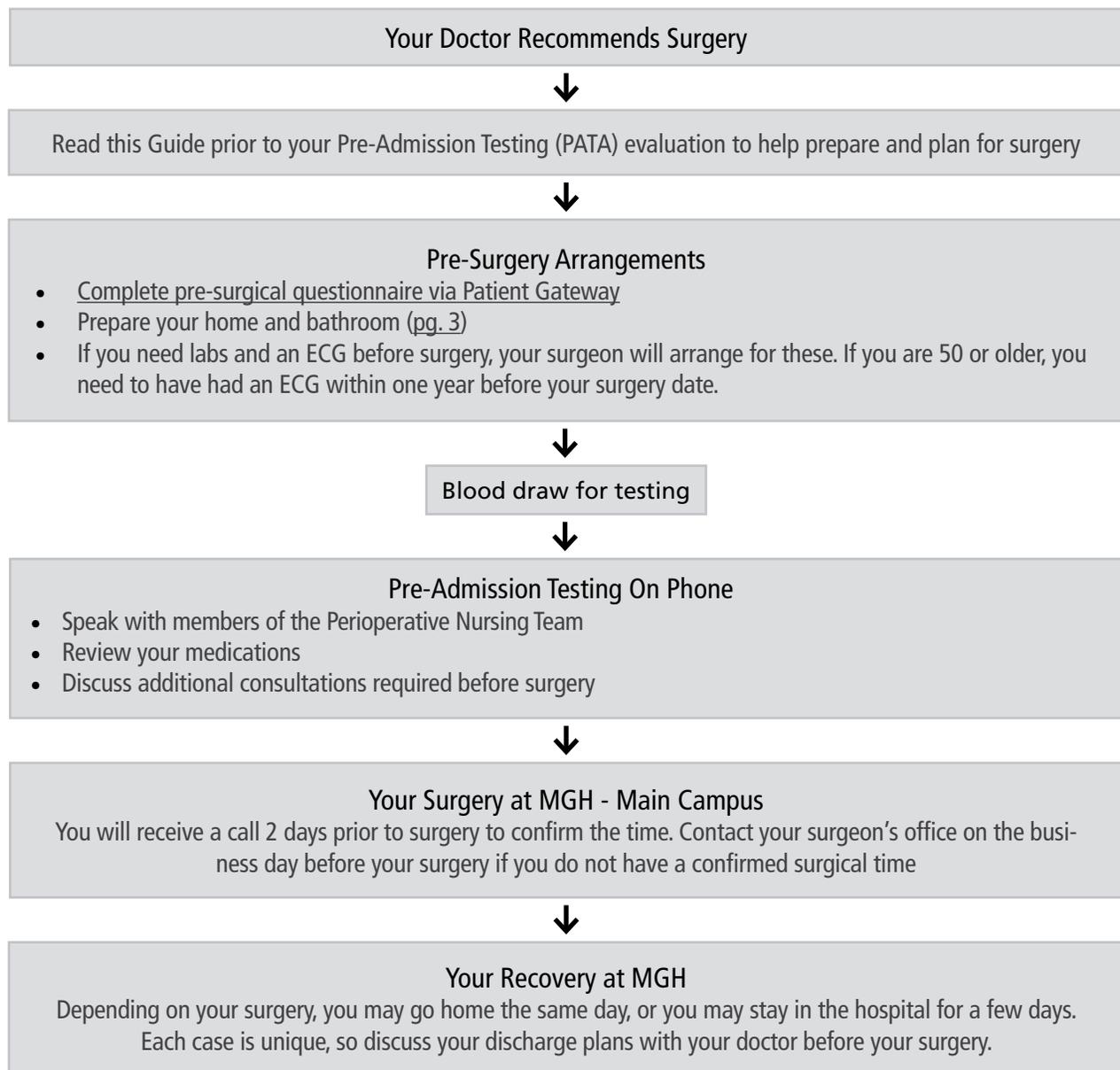
Patients should ask their doctor's office when they can begin to drive again after having surgery. Your doctor will consider several factors and advise whether it is safe or unsafe to drive. Please discuss your driving needs with your doctor's office.



# Mass General - Boston

55 Fruit Street • Boston, MA 02114 • 617-726-2784





## PATA Evaluation

Prior to all surgical procedures at Mass General in Boston, patients go through a pre-procedural evaluation called a PATA evaluation. This will involve a pre-arranged telephone call with a member of our perioperative nursing team.

Your PATA evaluation ensures you are ready for a surgical procedure and minimizes potential complications. Before your evaluation, you will have blood tests done at MGH or through your Primary Care Physician. During your PATA evaluation, a member of our perioperative team will review your blood tests and discuss your anesthesia plan.



## Parking at Mass General

If the person who drops you off for surgery is planning to stay during your procedure, they should park in the Fruit Street or Parkman Street garages. MGH patients and visitors who park in these garages are eligible for discounted parking rates. Parking tickets will be validated at the Cashier in the central payment office on the ground floor of each garage. Valet parking is available after 6 am at the Wang Building starting at \$13.

Validated parking rates: 0-1 hour: \$10 • 1-2 hours: \$11 • 2-4 hours: \$12 • 2-24 hours: \$15  
Valet parking rate: 0-1 hour: \$13 • 1-2 hours: \$14 • 2-4 hours: \$15 • 2-24 hours: \$18

## Checking-in for Surgery

When you arrive at MGH on the day of your surgery, please report to the Center for Perioperative Care (CPC) on the 3rd floor of the Wang Building.

How to get there:

- Go to the Wang Building (either through the entrance next to valet parking or through the main lobby of the White Building).
- Use the Wang elevators and proceed to the 3rd floor.
- Follow signs for the CPC & check-in at the reception desk



You will meet with a nurse at the CPC. Please have a list of your medications and allergies ready. If you are on an inhaler, please bring it with you. You will change into a hospital gown and be given slippers. You will also receive an identification bracelet, which you should keep on until you leave MGH. You will be asked to use the bathroom before leaving the CPC. Your family can stay with you until you are escorted to the operating room.

As you are escorted to the operating room, your family members and/or friends will be directed to the Gray Family Waiting Area located on the first floor of the Gray Building (Room 145). Let your nurse know if you have family members and/or friends waiting for you there. If you do not have a family member or friend with you, give your nurse the phone number of a person to contact.

After surgery, you will be taken to the Recovery Room (Post-Anesthesia Care Unit or PACU) where you will remain for one to four hours. You then will be discharged to home if you are here for an outpatient surgery, or you will be transported to your assigned room if you had an inpatient surgery. The receptionist in the Gray Family Waiting Area will update any visitors of your progress.

## Assistance & Information

Ambassadors wearing coral-colored jackets, are available in MGH's main lobby and the Wang building lobby. Ambassadors welcome and direct patients arriving at the hospital and help patients and visitors with special assistance requests such as getting out of the car or into a wheelchair.





There are many amenities in and around MGH for you and your visitors. The Gray Family Waiting Area where your visitors can wait is located near Coffee Central and the Eat Street Cafe. See the corresponding map to find out where the following are located. Feel free to ask any of our ambassadors in the lobby.

## Food: MGH Campus

1. **Eat Street Cafe:** Ellison Building, lower level
2. **Coffee Central:** Gray Building, main lobby
3. **Tea Leaves & Coffee Beans:** Wang Building, main lobby
4. **Riverside Cafe:** Yawkey Building, main lobby
5. **Coffee South:** Yawkey Building, main lobby

## Drug Stores

14. **MGH Pharmacy:** Wang Building, 1<sup>st</sup> floor  
617-724-3100
15. **CVS Pharmacy:** 155 Charles Street  
617-523-1028 (next to MGH T Station)
16. **CVS Pharmacy:** 191 Cambridge Street  
617-367-0441

## Food: Around MGH

6. **Antonio's:** 288 Cambridge Street
7. **J. Pace & Sons:** 75 Blossom Court
8. **Starbucks:** 222 Cambridge Street
9. **Dunkin Donuts:** 106 Cambridge Street
10. **Au Bon Pain:** 209 Cambridge Street
11. **Finagle-a-Bagel:** 277 Cambridge Street
12. **Whole Foods:** 181 Cambridge Street
13. **Anna's Taqueria:** 242 Cambridge Street

## Hotels

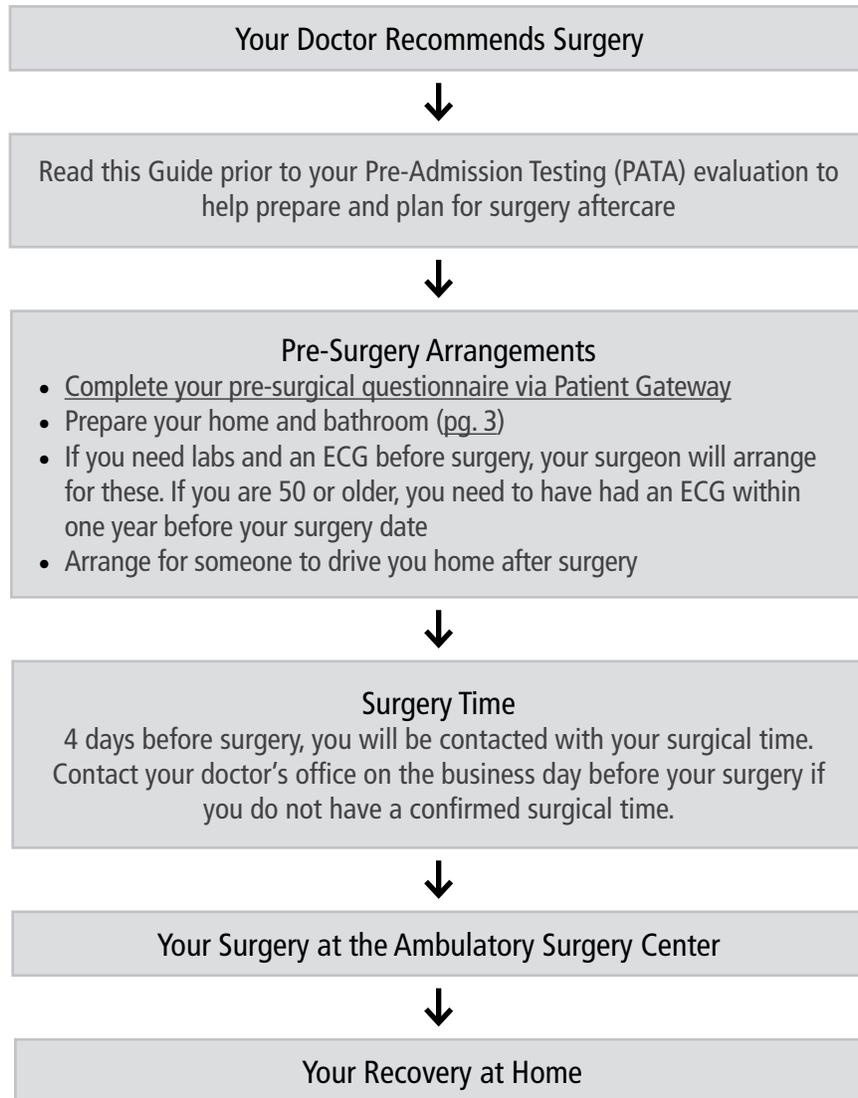
17. **Wyndham Hotel:** 5 Blossom Street, Boston  
1-888-465-4329
18. **Liberty Hotel:** 215 Charles Street, Boston  
617-224-4000
19. **Bulfinch Hotel:** 107 Merrimac Street, Boston  
617-624-0202
20. **John Jeffries House:** 14 David Mugar Way, Boston  
617-367-1866
21. **Beacon House:** 119 Myrtle Street, Boston  
617-523-8295



# Ambulatory Surgery Center Mass General West (Waltham)

40 Second Avenue, Suite 200 • Waltham, MA 02451 • 781-487-2900





## Parking

There is ample free parking at the Ambulatory Surgery Center.

## Checking-in



When you arrive at the ASC, go to the second floor of Mass General West and turn right after getting off the elevator. The phone number is 781-487-2900.

You will get a gown, robe and slippers to wear. You will also be given an identification bracelet, which you should keep on until you leave the ASC.

Before your surgery you will meet a nurse, an anesthesiologist and a certified nurse anesthetist.

Once you are in the operating room, your family members or friends may wait for you in our waiting room. Our staff will let your family members or friends know how you are doing and when you will be ready to go home.

## Leaving the ASC

Your nurse will give you instructions before you go home. You may also have instructions from your surgeon.

Your nurse will review the instructions with you and your family members or friends, and give you a written copy.

There is a pharmacy located at MG West. To get a prescription filled there, you will need your MGH medical record number, money or credit card and your health insurance card.

## Getting Home

You must have a reliable adult to drive you home.

Arrange for someone to stay with you for the first 24 hours after surgery. You may need help around the house or with getting your prescriptions filled. Do not drive for 24 hours after anesthesia.

A nurse will call you the next business day to check on you.

## Information for Visitors

A cafeteria is located next door at 52 Second Avenue. There are also a number of restaurants nearby including:

- Bertucci's: 475 Winter Street, Waltham, MA, 781.684.0650
- D'Angelo's: 75 Third Avenue, Waltham, MA, 781.290.4740
- Uno Pizzeria & Grill: 155 Bear Hill Road, Waltham, MA, 781.487.7177
- Copper House Tavern: 380 Winter Street, Waltham, MA, 781.890.8989
- Naked Fish: 455 Totten Pond Road, Waltham, MA, 781.684.0500

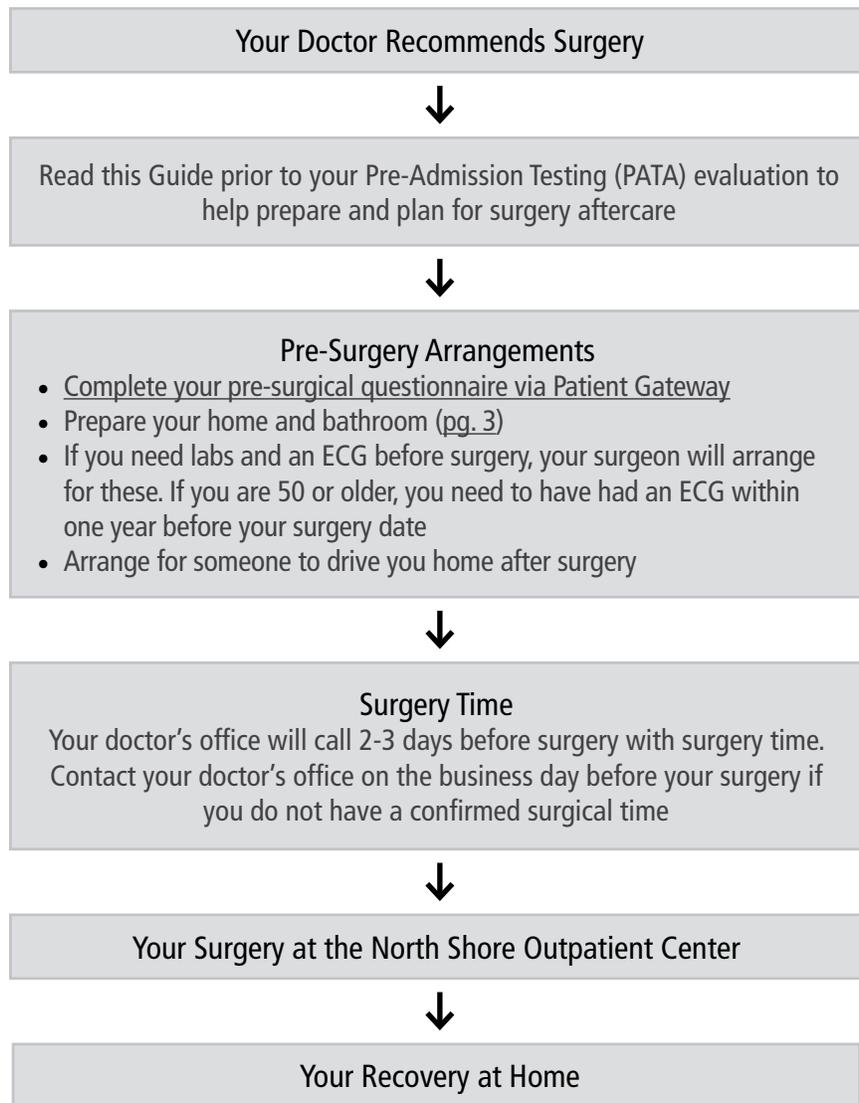
You can find more information about surgery at the ASC [on their website](#).



# Mass General / North Shore Center for Outpatient Care (Danvers)

102-104 Endicott Street • Danvers, MA 01923 • 978-882-6900







## Parking

There is ample free parking at the North Shore Outpatient Center. Look for on-site greeters at the center's main entrance who provide parking assistance.

## Checking-in

When you arrive at the Center, ask the receptionist at the front desk to direct you to the Day Surgery area check-in.

Once you are checked-in, you will get a gown, robe and slippers to wear. You will also be given an identification bracelet, which you should keep on until you leave the Center.

Before your surgery you will meet a nurse, an anesthesiologist and a certified nurse anesthetist who will verify your information and prepare you for surgery.

Once you are escorted to the operating room, your family members or friends may wait for you in our waiting room. Our staff will let your family members or friends know how you are doing and when you will be ready to go home.

## Leaving the North Shore Outpatient Center

Your nurse will give you instructions before you go home. You may also have instructions from your surgeon. Your nurse will review the instructions with you and your family members or friends, and give you a written copy.

## Getting Home

You must have a reliable adult to drive you home. Arrange for someone to stay with you for the first 24 hours after surgery. You may need help around the house or with getting your prescriptions filled.

Check with your doctor to see how soon you can drive after surgery. You will not be able to drive while taking pain medication. A nurse will call you the next business day to check on you.

## Information for Visitors

There is a pharmacy across the street from the facility where family and friends can fill any prescriptions you may need after your surgery. The CVS is located at 139 Endicott St, Danvers, MA; 978-646-8930.

A café in the lobby serves prepared foods and beverages. Indoor and outdoor seating is available.

There are also several restaurants and shops near the facility. You can ask the receptionist for directions (Both malls have a wide range of shopping and restaurant choices.)

- Dunkin Donuts: 153 Endicott Street, Danvers, MA, 978.777.8464
- Applebee's: 50 Independence Way, Danvers, MA, 978.777.5447
- Liberty Tree Mall: 100 Independence Way, Danvers, MA
- Northshore Shopping Center: 210 Andover Street, Peabody, MA



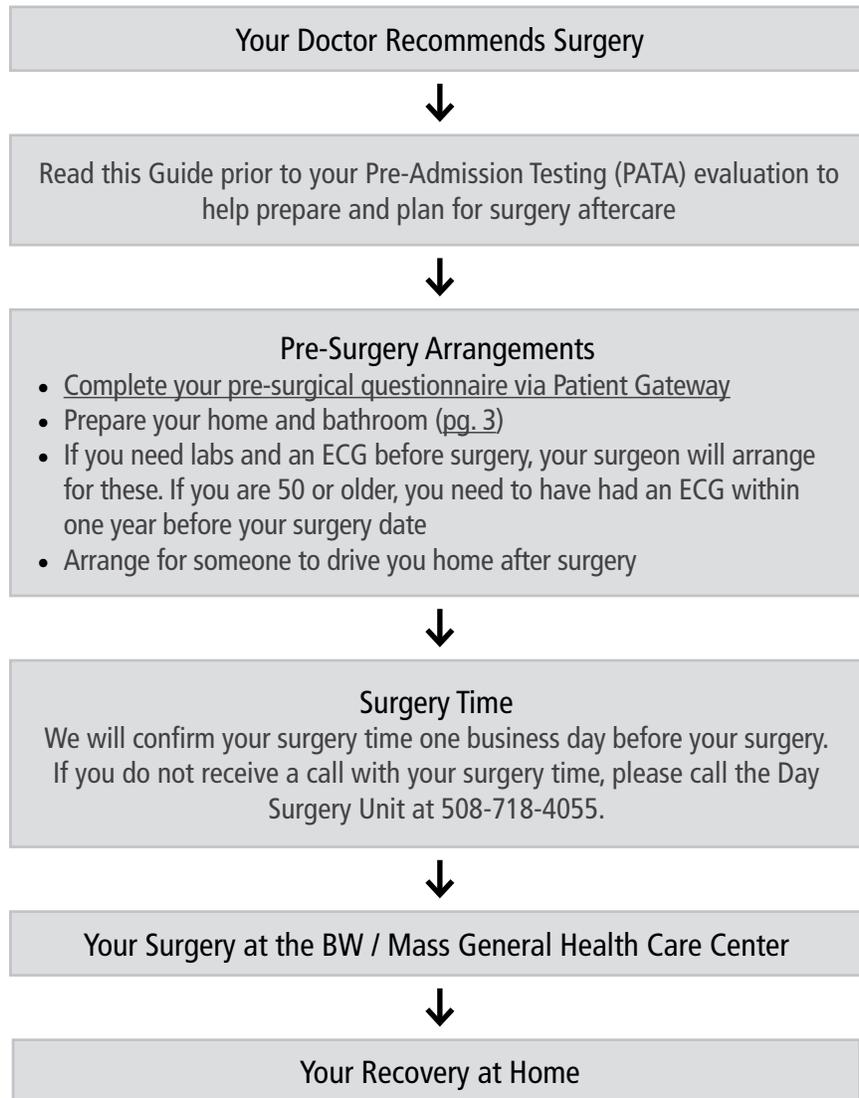
Read more information about surgery at the North Shore Center for Outpatient Care [on their website](#).



# BW / Mass General Health Care Center (Foxborough)

20 Patriot Place • Foxborough, MA 02035 • 508-718-4055







## Parking

Patients may be dropped-off in front of the building (follow signs for the drop-off area). Patients may also use the free valet parking located in front of the Health Care Center. There is also free parking beyond the handicap-accessible parking area.

## Checking-in

When you arrive at the BW/Mass General Health Care Center, go to the fourth floor and turn left after getting off the elevator. The Day Surgery Unit phone number is 508-718-4055.

You will receive a gown, robe and slippers to wear. You also will receive an identification bracelet, which you should keep on until you leave.

Before your surgery you will meet a nurse, anesthesiologist, and a certified registered nurse anesthetist.

Once you are escorted to the operating room, your family members or friends may wait for you in our waiting room. Our staff will let your family members and friends know how you are doing and when you will be ready to go home.

## Leaving the BW/Mass General Health Care Center

Your nurse will give you instructions before you go home. You may also have instructions from your surgeon. Your nurse will review the instructions with you and your family members or friends and give you a written copy.

## Getting Home

You must have a reliable adult to drive you home. This person needs to stay at the Center while you have your surgery. During this time your family members or friends will be able to fill your prescriptions at the Center and listen to your post-operative instructions.



Arrange for someone to stay with you the first 24 hours after surgery. You may need help around the house or with getting prescriptions filled. Do not drive for 24 hours after anesthesia. A nurse will call you the next business day to check on you.

## Information for Visitors

Surrounding the Center, Patriot Place offers your family member or friend a wide variety of eating and shopping options while they are waiting for you. These are just a few of the options (see a full listing on the [Patriot Place website](#)):

- Dunkin Donuts: 221 Patriot Place, Foxboro, MA 508.543.2650
- Red Robin: 290 Patriot Place, Foxboro, MA, 508.698.0030
- Toby Keith's: 275 Patriot Place, Foxboro, MA, 508.543.8629
- Qdoba Mexican Grill: 212 Patriot Place, Foxboro, MA, 508.543.5347
- Olive Garden: 269 Patriot Place, Foxboro, MA, 508.543.3967
- Five Guys Burgers: 269 Patriot Place, Foxboro, MA, 508.203.9441

Read more about surgery at the BW / Mass General Health Care Center [on their website](#).

