



## IAN S. RICE, MD

SPORTS MEDICINE ORTHOPEDIC SURGEON

### **To-Do Checklist For Surgery:**

- 1. Schedule your surgery date**
  - please call Jeanette, Dr. Rice's surgery scheduler, at 513-346-1521
- 2. Schedule your 1<sup>st</sup> post-op appointment**
  - This may be scheduled with Jeanette while scheduling the surgery date
- 3. Schedule physical therapy (if applicable) within 48hrs of surgery** or the following Monday if surgery is on Friday.
  - A list of locations was provided in your pre-op folder. If you are uncertain whether you require therapy after your surgery, please call me.
- 4. Schedule your medical history and physical exam** appointment with family physician (aka primary care physician or PCP) within 30 days of surgery
  - Medical clearance is required by the anesthesia team to ensure your safety with surgery
- 5. Obtain additional imaging** such as CT scan (often performed for hip scope procedures) if necessary
- 6. Make time to review Dr. Rice's website to prepare for the upcoming procedure**
  - *Cincysportssurgeon.com*
  - This to-do checklist can be found under menu tab → click on current patient tab → preparing for surgery tab.
- 7. Use hibiclens soap to shower the night before surgery**
  - Lather and rinse from the neck down, avoiding sensitive areas such as the head/face and genital area (use your typical mild soap for these areas).
  - Follow up shower with sage wipe scrub around surgical site (i.e. hip, knee, shoulder)
  - Use second sage wipe to scrub surgical site again morning of surgery
  - Your surgery preparation may include different cleansing instructions than above. Please call me with any questions or clarifications
- 8. Bring crutches, brace, ice unit (if you have one), sling etc. with you the morning of surgery and provide to the preoperative nurse**

Any questions? Please use contact information on card provided to email or call me.

**David Ahouse**  
**ATC for Dr. Ian Rice**  
**513-346-1599**