

## **Follow-Up Protocol**

### **Hip surgery:**

1. Routine follow-up: 6 weeks, 1 year, 2 year, then every other year.
2. Data requested at each visit:
  - a. 6 week: questionnaire, XR, physical exam with wound check,
  - b. 1 year: questionnaire, XR, physical exam.
  - c. 2 year: questionnaire, XR, metal ion levels.
  - d. Every other year: questionnaire, XR

### **Knee surgery:**

1. Routine follow-up: 4 weeks, 12 weeks, 1 year, 2 year, then every other year.
2. Data requested at each interval:
  - a. 12 week: questionnaire, XR, physical exam with wound check,
  - b. 1 year: questionnaire, XR, physical exam.
  - c. 2 year: questionnaire, XR, metal ion levels.
  - d. Every other year: questionnaire, XR

### **All Patients:**

1. Remote follow-up can be done for any interval, but MOPA visit is preferred at the 4-6 week and 1 year interval.
2. Remote follow-up does not require a doctor visit. It entails filling out an online questionnaire. Having a physical exam done by a physical therapist when applicable, having x-rays done at an independent imaging facility (less cost than a hospital) and ion levels done only at 2 years at quest labs. X-ray images should be mailed to us on disc (DICOM format). I am not interested in the radiologist report.
3. We send a written response for all remote follow-up packets received. If you want to speak to us, call us anytime.
4. We try to call all patients at 1 week postop for a verbal check to be sure they are doing well.
5. Patients are encouraged to call us any time if you are uncertain about a problem. You can email pictures of the wound, if you have concerns. Most problems are minor and can be handled over the phone.
6. Patients should call us about any problem in the first 6 weeks after surgery. For certain medical problems we may ask you to see your primary care physician. But we still want you to call us first.
7. Risk of major complications is very low and is documented on the initial consent form. A good outcome can usually even be achieved with proper management of these complications. But we strongly recommend that you return to me (despite the inconvenience of travel) for management of any complications, rather than seek out the care of a local surgeon. Non-experts are not skilled enough in managing the specific problems of hip resurfacing.

8. In certain situations (such as when a patient a patient is not progressing as expected or when they have a more complicated case), we may request more frequent follow-up.
9. We make x-ray cards for all patients **once a year in bulk**. If you need an x-ray card for travel, please contact our office and request one. Be aware that these are only to show friends, family and interested parties. **These WILL NOT help you at security checkpoints.**