

THE ORTHOPAEDIC SURGERY CENTER



ROAD TO RECOVERY

KNEE REPLACEMENT HANDBOOK

Welcome

Important Information:

SURGERY CENTER ADDRESS

N15 W28300 Golf Rd Pewaukee, WI 53072
(located inside OAW Pewaukee building)

ROAD TO RECOVERY CLASSES

2-4 weeks prior to surgery

PHONE NUMBERS

Main: 262-303-5055

Pre-Admissions Nurses (PAT) (ext. 5004)

Therapy Department (ext. 3001)

Clinical Nursing Triage (ext. 3003)

Durable Medical Equipment (ext. 5049)

Nurse Navigator: 262-304-0405



DIRECTIONS

We are located just north of 1-94 on Golf Road; Exit #290 off of 1-94; just West of Hwy SS in Pewaukee (N15 W28300 Golf Road, Pewaukee, WI 53072)

Welcome

Thank you for choosing The Orthopaedic Surgery Center for your knee replacement!

Our experienced team of Physicians, Physician Extenders, Nurses, Athletic Trainers, Physical Therapists and Certified Nursing Assistants are committed to providing coordinated care for your joint replacement surgery. From evaluation to rehabilitation, we're here to ensure your exceptional experience and best possible results. This guide offers tips and answers to help you navigate pre- and post-operative care. We look forward to supporting you every step of the way on your Road to Recovery!

The Surgeon's Office Staff:

The Administrative Assistant will assist you in:

- Getting answers to your insurance questions.
- Verify any of your appointments you may need scheduled for tests or additional medical care.
- Will review and verify your personal and insurance information.
- Coordinate pre-operative testing and scheduling if necessary.

The Orthopaedic Surgery Center:

- The Nurse Navigator will act as your liaison throughout your course of treatment.
- You will receive preoperative education in a variety of ways: phone calls, Road to Recovery Class, this booklet, etc.
- The preadmissions nurses will contact you to review or obtain your health history and give presurgical instructions.
- The entire team will assess and plan for your specific care needs, including needs at home and caregiver availability.

My Surgery Date is: _____

My Road to Recovery Class is: _____

My Durable Medical Equipment fitting is: _____

My primary care physician appointment is: _____

My support/transportation person is: _____

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Appendix

Road to Recovery Staff

An excellent prepared team of healthcare professionals will be monitoring your care before, during, and after your procedure. The Orthopaedic Surgery Center Staff have been hand selected to provide you with the best care while you are on your journey to a better you.

Orthopaedic Surgeon:

The surgeon of your choice will be performing your surgery and managing your care. Along with his or her team, your surgeon will be working with the nurses and post-operative care team to ensure that you are healing properly.

Primary Medical Doctor:

You will need to see your primary doctor within 30 days of your surgery date to complete any lab work. This will be discussed during your pre-operative call with the nurse.

Nursing Staff:

The Orthopaedic Surgery Center is comprised of excellent nursing staff that include Registered Nurses (RN), and Certified Nursing Assistants (CNA). Our staff will be monitoring you throughout your stay from the moment you check in to when you're comfortably discharged to home.

Nurse Navigator:

The Nurse Navigator is your personal guide throughout your surgical journey. They help coordinate your care, answer questions, and make sure you are prepared and supported before and after surgery.



Road to Recovery Staff

Anesthesiologists:

An anesthesiologist will be administering your anesthesia for your surgery. They will work with you and your surgeon to come up with a personalized plan for your pain management while at The Orthopaedic Surgery Center.



Dr. Patrick Koenig



Dr. Hubert Cios

Certified Registered Nurse Anesthetist (CRNA) & Certified Anesthesia Assistant (CAA):

At The Orthopaedic Surgery Center, a Certified Registered Nurse Anesthetist (CRNA) or Certified Anesthesia Assistant (CAA) coordinates with your anesthesiologist to ensure you receive expert care and a personalized pain management plan in collaboration with your surgeon.



Megan Alberti
CRNA



Jenna Dabling
CRNA



Eliza Bergstrom
CAA

Pre-Operative Checklist

We advise our patients to plan ahead by preparing your home for after your surgery. This will make your recovery easier and less stressful. Please use these suggestions as a guide in preparing your home.

General Living:

- Remove any rugs that may be covering your floors.
- Move all electrical cords, magazines, pet toys, etc. from all walking areas.
- Arrange your furniture (please ask for assistance if unable to do so) to allow for extra walking room.
- Take your walker for a tour around your home. Make sure you and your walker fit every where you need to go.
- Place a pillow or folded blanket on chairs that you may be using to make sitting and getting up easier.
- Place a comfortable chair with armrests and back support in the areas you may be sitting.
- Install night-lights in the hallways so that you have lit pathways throughout your home.
- Arrange for a family member or friend to help share the responsibilities of any pets.
- If you have pets, leave your walker set up for your pets to be familiarized with.

Bedroom:

- If your bedroom is on the second floor of your home, consider relocating to a lower-level bedroom, if possible, or making the couch into a bed for your first few nights at home.
- Clear away unnecessary items from around your bed.
- Arrange clothes you wish to wear once you return home, making sure they are easy to put on and easily located.
- Wash your laundry and change your bed linens so they are fresh for you once you return home.



Pre-Operative Checklist

Kitchen:

- Purchase re-freezable ice packs to have on hand. Our Durable Medical Equipment (DME) Service department offers multiple cold therapy options.
- Go grocery shopping prior to your surgery. Prepare meals ahead of time.
- Consider purchasing frozen dinner or food items that are easy to prepare.
- Place any utensils, pots, pans, and dishes on an appropriate counter height that is easily reachable.

Bathroom:

- Consider a toilet riser for ease on and off the toilet.
- Consider purchasing a grab bar for the shower, check the weight limits and install correctly.
- Consider purchasing a shower seat and installing a non-skid shower mat.
- Install a night-light in the bathroom for easy visibility.

Outdoors:

- If possible, have a friend or service cut your grass, shovel snow and put out salt.
- Check your walkway to make sure you have an unobstructed pathway to get to into your home.
- Use handrails where needed.
- Plan on how you'll get into your home after surgery.

Additional Suggestions:

Ask a relative or a friend to be available to help you with your transportation needs. This might include transportation to your doctor's appointments, errands, physical therapy appointments, etc.

For surgery check-in:

- Current photo ID.
- Insurance Cards.
- Durable medical equipment (walker and knee immobilizer)



Pre-Operative Exercises

Sitting Knee Extension:

- Sit on a chair with back supported.
- Raise foot off ground straightening leg without upper leg coming off chair.
- Hold 2-3 seconds and relax slowly lowering foot to ground.
- Repeat 10-20 times, 2-3 times/day.



Quad Sets:

- Roll up a small hand towel and place behind your knee.
- While lying down, tighten your thigh muscle while pushing your knee down into the towel.
- Hold for 5 seconds and release.
- Repeat 10-20 times, 2-3 times/day.



Pre-Operative Exercises

Sidestepping:

- Begin standing upright next to a counter for support. Bend your hips and knees into a slight mini squat position.
- Slowly step sideways 3-5 steps, and then step back to the starting position in the opposite direction.
- Keep your feet forward, stomach muscles tight, and use the counter for balance as needed.
- Repeat 10 times, twice per day.



Nutrition

Why is improving nutrition before surgery and maintaining a healthy weight important?

Enhances Healing

- Good nutrition boosts the body's ability to heal after surgery by providing essential nutrients for tissue repair.

Reduces Complications

- Proper nutrition can lower the risk of post-surgical complications such as infections and delayed wound healing.

Supports Immune Function

- A well-balanced diet strengthens the immune system, helping the body fight off infections and recover faster.

Optimizes Recovery

- Maintaining a healthy weight and good nutrition can speed up recovery time and improve overall outcomes.

Increases Energy Levels

- Nutrient-rich foods provide the energy needed for the body to recover from surgery and participate in physical therapy.

Promotes Tissue Strength

- Adequate protein intake supports muscle strength and prevents muscle loss during the recovery process.

Minimizes Anesthesia Risks

- Being at a healthy weight reduces the risks associated with anesthesia during surgery.

Enhances Overall Health

- Eating a nutritious diet and maintaining a healthy weight not only benefits surgery outcomes but also improves long-term health and well-being.



Pre-Operative Planning

Preparing Your Skin for Surgery and Preventing Infection

. You will receive Chlorhexidine Gluconate (CHG) soap to wash with the evening before and the morning of your surgery. This is an important step in preventing infection. CHG kills germs on your skin for a longer period of time, which helps prevent infection. Preventing infection is a team effort and you are an important part of the team.

Before Surgery

Step 1: Obtain your CHG soap

This will be given to you at no additional cost from the surgeon's office at the Orthopaedic Associates of Wisconsin clinic, or you can obtain it from The Orthopaedic Surgery Center, location and hours listed below:

Pewaukee Clinic Front Desk

Monday - Thursday: 8:00 AM - 6:00 PM

Friday: 8:00 AM - 5:00 PM

Saturday: 9:00 AM - 12:00 PM

Surgery Center Front Desk

Monday - Friday : 6:00 AM - 4:30 PM

Step 2: Prepare for Shower/Bathing with the CHG soap

Follow the washing instructions that were attached with the CHG soap. Follow these steps before and after your surgery for healthy healing. If you are allergic to CHG soap you will use DIAL antibacterial soap.

What you will need for your shower/bath:

- Your normal soap and shampoo
- CHG soap
- Freshly washed washcloth
- Freshly washed towels
- Freshly washed clothing, pajamas, and bedding

•Do **not** get a pedicure within 2 weeks of surgery.

•**All toenail polish must be removed** before surgery.

If you apply polish at home, please remove it **before your first CHG shower**.

Please note: you should NOT shave near your surgical area for at least 3 days before surgery. Even a slight nick or cut could cause your surgery to be postponed. If needed, the surgery center staff will clip any hair in pre-operative department.

Pre-Operative Planning

Preparing Your Skin for Surgery and Preventing Infection

Step 3: Complete the 'Evening before surgery' shower/bath

1. Shower as you normally would, washing from head to toe with shampoo and soap. Rinse completely.
2. Turn off water.
3. Wet a freshly washed washcloth and then apply the CHG soap.
4. Massage the CHG soap over the body from your neck, down. Avoid head/face, genitals, rectum and open wounds.
5. Add more CHG soap and continuing washing until the whole bottle of soap is-gone.
6. Wait 2 minutes to allow the CHG soap to work, then turn water on and lightly rinse your body.
7. Dry yourself with a freshly washed towel.
8. Do NOT apply any lotion, powder or perfume. Underarm deodorant is permitted.
9. Sleep in freshly washed pajamas and sheets. Avoid sleeping with pets.

Disclaimer: Although rare, serious allergic reactions to CHG soap are possible. If you experience signs of an allergic reaction such as a rash, hives, swelling of the face, or difficulty breathing, stop using the soap and seek immediate medical attention (call 911 if any of these life threatening allergic reactions occur).

Step 4: Complete the 'Day of Surgery' shower/bath:

- Before coming to the surgery center, you will need to shower again.
- Repeat only steps 2-8 from above, using the second bottle of CHG soap.
- Dress in clothes that have freshly been washed and are loose.
- Leave all jewelry (necklaces, rings, watches, earrings, etc.) at home.

After Surgery

- Keep your surgical site clean and dry.
- Check the skin surrounding the bandage without removing or lifting the dressing. It should not have redness, swelling or be warm to the touch. Let your doctor know if these are present.
- Wash your hands before and after you touch your dressing and general surgical area.
- Follow your doctors' instructions for when and how to shower and clean your incision.
- Do not soak or submerge the incision in a bathtub, swimming pool, or hot tub until the site is completely healed and the doctor says it is safe to do so.
- Do not use lotions, powders, perfumes, or colognes on or near the incision.
- Do not let family, friends, or pets touch your incision.
- Wear clean, loose fitting clothing and sleep in clean sheets.

Pre-Operative Planning

Guidelines You MUST Follow Before Surgery:

- **DO NOT EAT OR DRINK AFTER MIDNIGHT.**
- **NO CANDY, GUM, MINTS, ETC.**
- Wash body with CHG soap or antibacterial soap the night before and morning of procedure.
- Do not wear any make-up, perfumes, hairspray, lotions and powders, etc. Underarm deodorant is allowed.
- Do not swallow water when brushing and rinsing teeth.
- Remove all jewelry and piercings. Please keep valuables at home.
- No smoking or alcohol use for 24 hours prior to surgery.
- Wear loose fitting clothing.
- **STOP ALL VITAMINS & HERBAL MEDICATIONS 5 DAYS prior to surgery** (multivitamin, other vitamins, turmeric, curcumin, fish oils, CoQ10, garlic, Ginkgo Biloba, St. John's Wart, Valerian Root, Kava Kava, Ephedrine, Ginseng, etc.)

PRESCRIPTION PAIN MEDICATION

- **WILL NOT** be refilled on weekends, after clinic hours, or on holidays.
- Please plan ahead and call during normal business hours to request a refill if needed; requests should be made 24-48 hours in advance.
- It is your responsibility to keep your medications safe from mishaps; your medication will not be refilled early for loss, theft, or other unforeseen circumstances.

INSURANCE ALERT

- Your surgeon's office will notify your insurance of your upcoming surgery and obtain prior authorization if necessary; however, it is your responsibility to understand your BENEFIT information. Some insurance companies may subject your claim to pre-existing conditions or other plan limitations/ exclusions.
- You may also receive more than one invoice for your upcoming surgery due to physician fee, facility fee and anesthesia fee.

DRIVING AFTER SURGERY

- It is difficult for us to determine whether you as an individual can safely drive; we request this determination be made by you based on the limitations the physician has given you. We also request that you feel safe, comfortable and confident to drive and are not taking prescription narcotic pain medication. Please adhere to any specific restrictions given directly by your physician.
- Guideline of waiting at least 2 weeks for left knee replacements and at least 4 weeks for right knee replacements.

Pre-Operative Planning

PRE-PROCEDURE ANTIBIOTIC PROTOCOL:

If you are planning any dental work before surgery, it should be done at least **six weeks before** your surgical date or **wait at least three months after surgery** for routine dental cleanings and/or procedures. **Please contact our office if any urgent/emergent dental procedures are needed prior to three months following the joint replacement.**

The physicians of Orthopaedic Associates of Wisconsin recommend preventative antibiotics for all dental procedures throughout a joint replacement patient's lifetime **only if** the patient has:

- **Significant chronic disease (such as diabetes, chronic kidney disease, rheumatoid arthritis, or lupus)**
- **Takes immune-compromising medications**
- **Has a history of previous joint infection**
- **Has significant periodontal (gum) disease**

If you would prefer pre-dental antibiotics, OAW will continue to prescribe pre-dental antibiotics.

It is the recommendation of the American Academy of Orthopaedic Surgeons to treat joint replacement that meet these requirements with Amoxicillin 2 grams by mouth one (1) hour prior to all dental procedures for life. If the patient has an allergy to Amoxicillin/Penicillin, then Cephalexin 2 grams by mouth one (1) hour prior to all dental procedures for life can be used instead.

Dr. Mick Kelly's Protocol:

Total knee replacement patients will be prescribed pre-dental antibiotics for **1 year**.

If you have a GI Endoscopic examination and are six months or less after your knee replacement, pre-procedure antibiotic therapy is required. This is usually done via IV before your procedure. You will need to inform your GI provider of your recent or upcoming knee replacement.

Call Nursing Triage at 262-303-5055 ext 3003 to discuss if antibiotics are recommended per your surgeon's protocols.

Your Surgery Day

Your stay at The Orthopaedic Surgery Center has been carefully planned to allow you to recover from your surgery and return home confidently. To help ease any anxiety you may feel going into surgery, we have outlined what will occur during your stay at The Orthopaedic Surgery Center.

Day of Surgery:

After you check in, a pre-operative nurse will come and bring you and your family back to your pre-op holding room. Here you will get changed into your surgical gown and the nurse will get you ready for surgery. Your vital signs will be documented. The nurse will review your health history and answer any questions you or your family may have. Soon after, your surgeon will stop in and review the procedure with you and your family, make sure all your questions and/or concerns are answered, and mark the surgical site with their initials. The anesthesiologist will also visit with you, review the procedure, go over a plan for pain control specific for you, check the surgical site for the physician's initials, and answer any remaining questions you or your family may have. Once you have seen the surgeon and anesthesiologist, the surgical nurse will wheel you back to the operating room. Your family will return to the waiting area.

After Surgery:

Once your procedure is complete you will be taken to our recovery room where our skilled nurses will be monitoring and caring for you until you are discharged home. During this time, our front desk will have moved your family to our consultation room where the surgeon will discuss how your procedure went. After approximately 45 minutes your family members will be allowed to visit you in the recovery area.

After about one to two hours in the recovery area, a physical therapist/athletic trainer will come to work with you. During this courtesy appointment, you will stand, walk, and navigate stairs with help. The therapist/athletic trainer will also review post-operative exercises as motion/activity begins immediately. These exercises are in this booklet. You will be expected to urinate prior to discharge home.

Your prescription for oral pain medications will either be e-prescribed or you will be given a paper prescription, and you or your family will need to pick up your medications from your chosen pharmacy. Most pharmacies require the person picking up medication to show a valid driver's license.

Once our medical staff feels you are medically stable for discharge, they will review all discharge information, allow time for questions and concerns, and you will be discharged safely home.

Road to Home

Things to note as you return home from surgery:

- Your appetite may be poor for a few days. Your appetite will return. Consider taking a stool softener/laxative as directed the first few days at home. Remember pain medications can cause constipation, so it is very important that you drink 6-8 glasses of water each day, in addition to eating grains, vegetables, and fruits.
- You may have difficulty sleeping at night. Do not sleep or nap too much during the day as this will disrupt your sleep patterns. Many people will find sleeping in a recliner is more comfortable than a bed. Your energy level may be less in the first month, however this will improve as you decrease pain medication use, sleep improves, and your body continues to heal.
- Follow instructions on wound care from the nurses/physicians. If at any time you have concerns about your wound, please call.
- You may have been put on an anticoagulant (blood thinner). Follow your surgeon's directions carefully. These medications are typically aspirin or lovenox.
- Apply ice to the incision area for 15 minutes, at least 4 times a day to help lessen any discomfort. Do not put icepack directly on skin. **DO NOT use a heating pad.**
- You may shower as stated in your discharge paperwork per your surgeon's recommendation.
- You will have swelling and bruising, even down your toes, feet and ankles; this is normal. Swelling will peak one week after surgery, and it may take up to two weeks to decrease.
- Notify your team if there is any increased redness at your incision site, change in the amount of drainage on your bandages, increased pain, fever over 101 degrees, nausea, or night sweats. This could possibly signify infection and should be treated as soon as possible.

Road to Home

Managing Your Pain

A moderate amount of pain is normal. You will not be without pain. The goal is to be at a pain level that is tolerable for you. Pain control prevents suffering. It helps you heal faster and return to normal sooner! Take your pain medications as prescribed by your physician. Do NOT take additional aspirin, ibuprofen, or other pain relievers unless specifically approved by your physician or listed in your discharge paperwork.

Commitment To Pain Relief

In order to treat your pain effectively, the staff will ask you to rate your pain/discomfort using a 0 - 10 scale. A rating of "0" means you are experiencing no pain, and a rating of "10" means that you are experiencing the worst pain possible. The faces and word labels may help you rate your pain. Using this scale will help the staff understand how the pain feels to you and how effective the pain medication is. Our goal is to make you as comfortable as possible.

The staff at The Orthopaedic Surgery Center would like to make this commitment to you:

- We will start the discussion of a pain plan during your admission. You will have an active role in your pain plan.
- We will ask you about the presence, quality, and strength of pain. We will use YOUR report as the main indicator of pain.
- We will work with you to initiate your pain plan after surgery.
- We will review and change the plan for you if you have pain that is not relieved.

Every person feels pain differently. It is important to report your pain to your nurses and doctors.



Mild pain

Moderate pain

Severe pain

Road to Home

Managing Your Pain

There are different methods to manage your pain/discomfort; pharmacological and non-pharmacological. We will assist you in choosing which methods of pain control are right for you - sometimes it takes a combination of these methods to have the best pain control.

These methods include:

- Understanding what will happen before and after your knee replacement. Correct knowledge can decrease anxiety which also works to decrease pain.
- Communicating with the nurses and doctors to let them know what has worked for you in the past and what has not.
- Slow rhythmic breathing. To do this, get into a comfortable position. Breathe slowly, deeply and regularly. Feel your body relax. Repeat this as often as needed.
- Finding a position that is comfortable. Change positions as needed. You may need to change positions often.
- Visual imagery. Imagine being in a place that is relaxing and calming to you.
- Listening to music that you enjoy.
- Thinking positive thoughts.
- Placing ice on the affected area.
- Pain Medicine: This can be given to you in many different forms. The forms in which your pain medication can be given to you are ordered by your doctor and include:
 - A pill or liquid form. This type of pain medication is taken with food or juice. NOT on an empty stomach. This helps digest the medicine better.
 - Through an intravenous (IV) catheter in your vein.
 - Pain medicine can also be given directly into the surgical knee. This is done by your surgeon during surgery.

No matter which methods are used, it is important to remember:

- Pain control is most effective when action is taken at the time your pain/discomfort begins.
- Take your pain medicine at regular intervals to better manage your pain during the first few days after surgery.
- Be sure to take your pain medication in the early morning and at bedtime, as well as when needed during the day. This will help you sleep better, and it will be easier for you to participate in your care and treatment.
- Typically, it is a good idea to take your pain medication before going to physical therapy or starting an activity (such as walking).

Road to Home

Postoperative Bruising and Swelling



1

Postoperative
Mild Incision
Redness



2

Postoperative
Bruising

Bruising is often seen anywhere from the top of the thigh down to the toes, and can present with a variety of colors



3

Postoperative
Knee Swelling



4

Postoperative
Knee Numbness

A patch of numbness on the outside of the knee is common after knee surgery



5

Postoperative
Incision - 2 weeks



6

Postoperative
Incision - 6 weeks

Daily Living Aids & Durable Medical Equipment

Knee Immobilizer Use After Knee Replacement

When to Use:

- Any time you are ambulating/weightbearing (standing/walking) with wheeled walker
- Keep immobilizer nearby for overnight bathroom use.

When to Remove:

- At rest/lying/sitting/sleeping
- Using CPM or cold therapy machines/icepacks
- Performing post-operative exercises

When to Discontinue Use of Immobilizer:

- If you have an On-Q ball, you may discontinue immobilizer 12 hours after pump is removed.
- If you had an Exparel block (single shot injection), you may discontinue immobilizer 72 hours after knee replacement surgery.
- When you regain feeling in the leg and are able to perform light active knee bending and straightening on own without knee buckling under weight.

Continue to use wheeled walker until physical therapy/surgeon has cleared you to discontinue use. This will be AFTER knee immobilizer has been discontinued.



Before surgery, practice getting in and out of a chair with your surgical leg straight in front of you. Ensure each chair and toilet has support for you to use to push up on to stand up.



When getting out of the chair, place your hands on each of the arm rests, push yourself to a standing position, grab the handles of the walker, Finish standing up straight. Do NOT use the walker to get up out of a chair.

Daily Living Aids & Durable Medical Equipment

For questions or to order Durable Medical Equipment, call 262-303-5055 (ext. 5049)



Mojility
Standard



Mojility
Oversize



Cold Therapy
Unit



Polar Wave Cold
Compression



Raised
Toilet Seat



Lumex
Reacher



TED
Stockings



Ergonomic
Crutches



Stretch
Strap



Sock
Assist



Crutch
Replacement



Even-Up

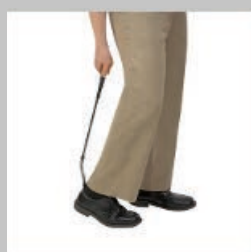
Other Post-Op Aids (Not available to order through OAW)



Commode



Transfer
Bench



Shoe
Horn



Leg
Lifter



Shower
Grab Bar

Advance Directives

Exercise Your Rights

You have the right to choose what health care you want to receive, but it is important for a loved one to know what your wishes would be if there ever becomes a time when you are unable to speak for yourself. Consider making your wishes known legally in a document called an “Advance Directive.”

Wisconsin Law recognizes the following forms as Advance Directives:

Wisconsin Declaration to Physicians (Wisconsin “Living Will”):

This document informs your physician and medical care team, if your condition becomes terminal and death is close at hand, or if you fall into unconsciousness with no hope to recovery, that you wish to have life support procedures withheld. This “Living Will” only takes effect when your personal physician and another physician determine that you meet the criteria that you have chosen.

Healthcare Power of Attorney

This is a legal way for you to appoint someone to speak for you and to be your health care “agent”. This person can make decisions on your health care should the need arise.

When you are admitted to The Orthopaedic Surgery Center, your nurse will ask you (or a family member) if you have completed one of these documents. If you have, we will ask for a copy. They will then be scanned into your medical record for whenever you may need to use them.

Since December 1, 1991, Federal Law required that all hospitals and surgical centers provide adult patients (over the age of 18 years) with information about Advance Directives. The law also requires that we ask all adult patients whether they have Advance Directives. The law is meant to make sure that your health care wishes are honored if you are unable to make decisions for yourself. Be assured that the care you receive will not be affected by whether or not you have these Directives. However, if you refuse treatments or request those that your physician or The Orthopaedic Surgery Center feels are not in keeping our philosophy or ethics of care, your physician will discuss options with you.

FAQs: Frequently Asked Questions

- **What is a Knee Replacement?**
 - Your orthopaedic surgeon will remove the damaged cartilage and bone, then position the new metal and plastic implants to restore the alignment and function of your knee. The procedure itself takes approximately 1 to 2 hours.
 - Partial knee replacement is a surgical option for those patients whose arthritis has not reached the stage where a total knee replacement is needed; it targets the area of the knee that is damaged by arthritis while saving healthy bone and ligaments.
- **Should I exercise before surgery?**
 - Yes, you should aim to perform the exercises outlined in this book comfortably until advised otherwise by your physician. Upper body exercises are also beneficial for after surgery strength with using a walker.
- **How long will I be at The Orthopaedic Surgery Center?**
 - The expected time for knee replacement patients is approximately six to eight hours; from the time you check in to the time you are discharged home.
- **Do I need to contact my insurance company before surgery?**
 - Yes, it's important to reach out to your insurance company regarding deductibles, second opinions, exclusions, and coverage for durable medical equipment (DME) such as knee immobilizer and walker.
- **Can I take my daily medications before coming to The Orthopaedic Surgery Center?**
 - The preadmissions nurses will contact you 1-2 weeks prior to your surgery date to discuss all of your current medications/supplements and when stop taking them.
- **When can I drive again?**
 - Typical guideline is 2 weeks for left knee replacements and 4 weeks for right knee replacements. Discuss with your physical therapist prior to driving. Pain medication usage and mobility factors will need to be taken into account.
- **Will I need therapy after discharge?**
 - Yes, your surgeon will order outpatient physical therapy for 1-2 visits per week at the location of your choice. Some patients are able to do home health physical therapy; please discuss with your team if you would like to explore this option.
- **Will I experience pain after surgery?**
 - Yes, post-operative pain is common and expected. You will have prescription pain medications along with non-pharmacological methods to help relieve your pain. See Managing Your Pain section of booklet.
- **Will I require assistance at home after surgery?**
 - Yes, especially in the initial days or weeks. It's advisable to arrange for family or friends to assist you. You also will need adult person to help care for you for 24 hours after surgery. You will need assistance with household chores, grocery shopping, and driving.

FAQs: Frequently Asked Questions

- **When can I return to work?**
 - Consult with your surgeon regarding the expected time off work based on your knee replacement surgery. Coordinate with your company's Human Resources department regarding disability coverage and medical leave.
- **How soon after surgery will I see my physician?**
 - Typically, you will have your first postoperative visit 10 to 14 days after surgery. This is arranged through your physician's Administrative Assistant at Orthopaedic Associates of Wisconsin.
- **What activities can I engage in post-recovery?**
 - Once fully recovered, low-impact activities like golf, tennis, swimming, biking, and walking are encouraged. Discuss this with your physician before resuming any activities.
- **How do I prepare for my procedure with general anesthesia?**
 - Follow the guidelines provided, including fasting after midnight, using CHG soap, arranging dependable transportation, and having a responsible adult with you post-procedure. You must have someone stay with you for 24 hours after surgery.
- **Why do I need to remove clothing and jewelry for surgery?**
 - For safety reasons and to maintain a sterile environment in the operating room, certain clothing and jewelry must be removed.
- **When can I shower after surgery?**
 - Typically, you can shower between 3-5 days post-surgery, as advised by your discharge paperwork and surgeon.
- **How long will I wear my knee immobilizer?**
 - Your knee immobilizer will need to be worn intermittently for around 3-5 days. Please see Daily Living Aids and Durable Medical Equipment section of this booklet for further clarification.
- **Will I need a walker or cane?**
 - We recommend you start with a walker immediately after surgery. Your transition to a cane will be directed by your physical therapist.

Physical Therapy Information

We understand that being injured can be stressful, painful, and intrusive on your lifestyle. That's why our Physical Therapy professionals are knowledgeable, friendly, and committed to providing you the highest quality care possible.

Our top priority is helping you return to the activities you enjoy through a comprehensive rehabilitation that considers your goals and your activity level. Completing your Physical Therapy at OAW allows our staff to provide you with exceptional care by maintaining communication with your surgeon.

Please contact our Physical Therapy department at [262-303-5055](tel:262-303-5055) if you would like to schedule your physical therapy at OAW.

PEWAUKEE

N15 W28300 Golf Road
Pewaukee, WI 53072

OCONOMOWOC

290 Summit Ave, #102
Oconomowoc, WI 53066

BROOKFIELD

285 South Moorland Road
Brookfield, WI 53005

GERMANTOWN

N96W17960 County Line Rd
Germantown, WI 53022

NEW BERLIN AT

OAW INDOOR SPORTS COMPLEX

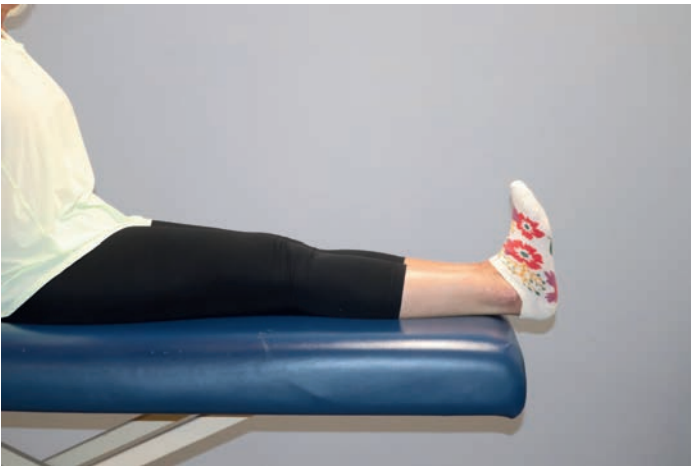
5330 South Racine Avenue
New Berlin, WI 53146



Post-Operative Exercises

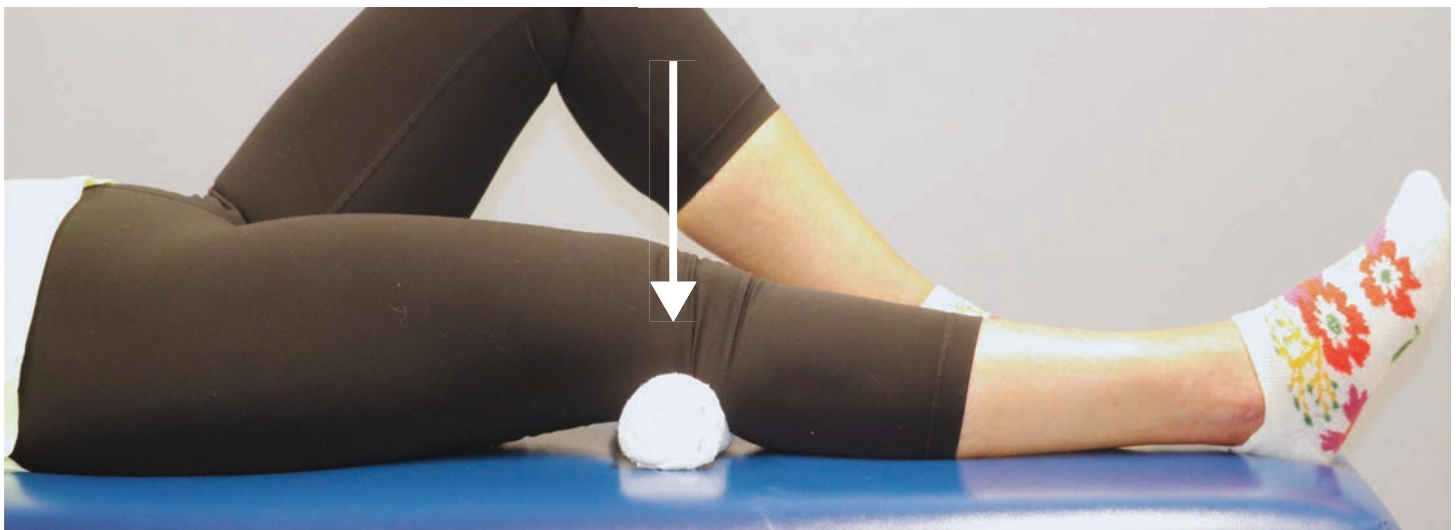
Ankle Pumps: Week 1 & 2

- Perform either sitting or lying down.
- Pump both ankles up and down.
- Push your foot down towards the floor as far as you can and then pull up as far as you can.
- Repeat 20 times, 2-3 times/day



Quad Sets: Week 1 & 2

- Roll up a small hand towel and place behind your knee.
- While lying down, tighten your thigh muscle while pushing your knee down into the towel.
- Hold for 5 seconds and release.
- Repeat 10-20 times, 2-3 times/day.



Post-Operative Exercises

Heel Slides: Week 1 & 2

- Lie on your back, remove brace.
- Slide heel of affected leg up towards your buttocks as far as you can.
- Use belt or large bath towel to assist with motion.
- Slowly straighten leg out as you slide heel away.
- Repeat 10-20 times, 2-3 times/day.
- Little to no additional pain when bending



Gluteal Squeeze: Week 1 & 2

- Lie on your back.
- Squeeze your buttocks together.
- Hold for 5 seconds and relax.
- Repeat 10-20 times, 2-3 times/day



Post-Operative Exercises

Passive Knee Extension: Week 1 & 2

- Lie on your back.
- Place a rolled towel under your heel.
- Relax and allow leg/knee to straighten.
- Hold 1-2 minutes and progress to 5-10 minutes, 2-3 times/day.



Sitting Knee Flexion: Week 1 & 2

- Sit on chair with back supported.
- Pull foot back and under chair, bending knee as far as possible.
- Hold 2-3 seconds and relax slowly returning to the starting position
- Repeat 10-20 times, 2-3 times/day.
- If affected leg needs assistance use unaffected leg to provide gentle pressure to front of lower leg – pushing leg back while bending knee.



Post-Operative Exercises

Hip Kicks: Week 1 & 2

- Balance on your non-surgical leg, knee slightly bent.
- Standing tall, keep your surgical leg straight and gently lift your leg up and to the front FRONT (A), BACK (B), SIDE (C).
- Use a sturdy chair or table for balance if need be.
- Repeat each direction 10-20 times, 2-3 times/day.
- Repeat balancing on surgical leg starting week 2.



Short Arc Quad: Week 2 & 3

- Lie on your back.
- Place a large, rolled bath towel under your knee.
- Lift your heel up with a straight leg.
- Keep knee on the rolled towel.
- Hold for 5 seconds and relax.
- Repeat 10-20 times, 2-3 times/day.



Post-Operative Exercises

Sitting Knee Extension – Week 2 & 3

Sit on a chair with back supported.

Raise foot off ground straightening leg without upper leg coming off chair.

Hold 2-3 seconds and relax slowly lowering foot to ground.

Repeat 10-20 times, 2-3 times/day.



Bridging: Week 3 & 4

- Lie on your back with your knee bend and feet flat on the ground.
- Tighten your buttocks and push through your heels raising your hips off the ground.
- Hold 5 seconds and slowly lower down.
- Repeat 10-20 times, 2 times/day



Post-Operative Exercises

Straight Leg Raise: **With PT approval Week 3 & 4**

- Lie on your back.
- Bend unaffected knee, keep foot on ground.
- Tighten your thigh muscle (i.e. like Quad Set).
- Raise leg up 6-10 inches, keeping leg straight.
- Hold 3 seconds and slowly lower leg back to the ground while keeping thigh muscle tight.
- Repeat 10-20 times, 2-3 times/day.



The Physicians and Staff would like to thank you for choosing Orthopaedic Associates of Wisconsin and The Orthopaedic Surgery Center for your health care needs. We hope that we have exceeded your expectations and wish you a safe and quick Road to Recovery.

THE ORTHOPAEDIC SURGERY CENTER



APPENDIX



BILLING AND INSURANCE COVERAGE

ATTENTION: PLEASE READ REGARDING BILLING AND INSURANCE COVERAGE

It is the patient's responsibility to provide OAW with the most up to date insurance information 10 days prior to their scheduled procedure for authorization purposes.

Your procedure is scheduled for: _____

We are currently showing your insurance coverage:

It is required that you contact our Business Office to confirm your insurance coverage within 10 business days prior to your scheduled procedure.

They can be reached at 262-303-5055 ext 3004. You may also leave your insurance information on the confidential Business Office voicemail. We will contact you if we have any further questions.

It is ultimately the patient's responsibility to verify that prior authorization was completed prior to their procedure. Failure to do so may result in the patient's full financial responsibility.

You may receive up to three separate bills for your procedure at The Orthopaedic Surgery Center. Please contact the following numbers with billing questions:

- Surgeon/Physician Billing: 262-303-5055
- Financial Counselor: 262-303-5146
- The Orthopaedic Surgery Center for the Facility Billing: 262-303-5151
- Anesthesia Billing: 414-434-8514

We encourage you to pay online at our secure payment site:

www.orthowisconsin.com/paybill



RELEASE OF INFORMATION

Should I fill out these forms?

If you need any forms filled out for the patient's employer, family member's employer, Disability Insurance, FMLA, etc. or for release of your information for your own personal use, second opinion, etc., please make sure to complete the attached forms and return to Orthopaedic Associates of Wisconsin.

Please note that you can only list one individual to release records to on each Release of Information (ROI) form.

What if I need additional forms?

If you should need additional forms, please contact Medical Records at 262.303.3005

You can also access the forms on the OAW website (<http://www.orthowisconsin.com/>) → About → Forms

Where do I submit completed forms?

Option 1: Scan & e-mail the Release of Information form to medrecs@orthowisconsin.com

Option 2: Fax the ROI form to Fax# 262.303.5036

Option 3: Mail the ROI form to our office
(OAW, ATTN: Medical Records, N15 W28300 Golf Road, Pewaukee, WI 53072-4800)

Option 4: Drop off the completed ROI form to our office

How do I fill out the release of information form?

Patient Information: fill in name, DOB, address, city, state, zip, and phone#

Section 2: Please Release My Records To: fill in where the information needs to be sent (for personal use, can write in "SELF")

Section 3: Records I Would Like to Release: identify which information is being requested

Section 4: Year of Service and/or Part of Body: identify which part of the body information is being requested

Section 5: Purpose

- Follow-up Medical Care/2nd opinion= 2nd opinion, seeing another provider
- Disability= documentation to support disability
- Insurance= disability insurance (short term/long term), FMLA
- Personal = copies of records for personal use/records (charges incurred after 10 pages)
- Attorney= legal matters, including lawsuit

Section 6: Release By

- Mail= records will be mailed
- Pick up= records will be available for pick-up at one of our clinics
- Email= records will be e-mailed (MUST PROVIDE E-MAIL ADDRESS)

Expiration Date: only fill out this section if you would like a specific expiration date on this release; otherwise, authorization is good for 6 months from date signed

Signature of Patient/Legal Rep: must be signed with date

QUESTIONS? Please contact our Medical Records department at 262.303.3005

Updated: June 2024



INFORMED CONSENT FOR DISCLOSURE OF PATIENT HEALTH INFORMATION

PRINT

Patient's Legal Name: _____
Date of Birth: _____
Address: _____
City: _____
State: _____ Zip: _____ Phone: _____

1. Please release my records from:
ORTHOPAEDIC ASSOCIATES OF WI
N15 W28300 GOLF ROAD
PEWAUKEE, WI 53072-4800

2. Please release my records to:
Person, Clinic, or Organization: _____
Address: _____
City: _____ State: _____ Zip: _____ Phone: _____
Fax: _____

3. Records I would like to release: (check all that apply)
☐ Physician Notes
☐ Laboratory Reports including Pathology Reports
☐ X-Ray/Radiology/ MRI Reports
☐ All Diagnostic Tests including EMG & Bone Density
☐ Operative Reports
☐ Therapy Notes
☐ Films & CDs
☐ Billing Records
☐ Other (please specify): _____

4. Year of Service and/or Part of Body: _____

5. Purpose:
☐ Follow-Up Medical Care/ 2nd Opinion
☐ Insurance
☐ Attorney
☐ Disability
☐ Personal
☐ Worker's Compensation
☐ Other (please specify): _____

6. Release by: ☐ Mail ☐ Pick Up **Location:** ☐ Pewaukee ☐ Brookfield ☐ Mukwonago
☐ Email **Email Address:** _____
☐ Fax **Fax Number:** _____

I authorize the use and/or release of my protected health information as described below:
I understand that the information used or released as a result of this authorization may no longer be protected by the federal privacy laws and may be further used or released by persons or organizations receiving it without obtaining my authorization. I may refuse to sign this authorization, which will not affect my ability to obtain treatment or payment of claims. I have the right to revoke this authorization by providing written notice to Orthopaedic Associates of Wisconsin. Revocation of this authorization will not affect any action taken before receipt of the written revocation. This authorization will expire on the following date or event: _____.
If I do not specify an expiration date or event, this authorization will expire in 6 months.

SIGNATURE OF PATIENT: _____
DATE: _____
PERSON AUTHORIZED BY PATIENT TO SIGN (Proof Required): _____
DATE: _____
* Reason patient is unable to sign: ☐ Minor ☐ Deceased ☐ Other: _____

STAFF USE:
Released by: _____ **Number of Pages Released:** _____
Imaging Disc Released: ☐ Yes ☐ N/A **Date Released:** _____
Method Released: ☐ Mail ☐ Pick Up ☐ Fax ☐ Email



PATIENT RIGHTS & RESPONSIBILITIES

Patient Rights

Understanding your rights will help you get the best possible care. Whenever the law or you allows someone else to exercise your rights or have your information we will respect that decision. If you have any questions or need more information, it is your right to ask.

- It is your right to take an active role in your health care. Your cooperation is important. To provide quality health care, we need you to be part of your health care team.
- It is your right to be treated without discrimination. You cannot be denied access to appropriate and necessary care or services because of any of the following:
 - Race
 - Creed
 - National origin
 - Ancestry
 - Sex or sexual orientation Marital status
 - Age
 - Color
 - Handicap
 - Source of payment

You have the right to:

- Be treated with respect at all times. You can expect us to be sensitive to your values, needs and wishes.
- Ask for a transfer to another room if another patient is unreasonably disturbing you.
- Have your cultural, psychosocial choices and beliefs respected.
- Be free from all forms of abuse and harassment. You are assured to receive care in a safe setting. You have the right to be informed.
- If you have questions or need more information you have the right to ask.
 - Guardians and proxies exercise these rights for minor people under guardianship and adults that are unable to sign for themselves. However, minors and people under guardianship should make as many decisions as possible.
- Receive clearly written and spoken information. If needed, we can provide an interpreter, signer, or any other necessary communication aids you need.
- You have the right to information you can understand. An appropriate Surgery Center or clinical representative should tell you about:
 - Your illness
 - Course of treatment
 - Chances of recovery
- Except in emergency, you have the right to informed consent. Before you agree to any procedure, test, or treatment you should receive all the information you need to make a decision.
 - Get complete information. You have the right to ask for and receive information about your diagnosis, condition, treatment and chances for recovery.
- We must explain the following in a way you can understand:
 - Your options (including the option of not doing anything)
 - The risk and benefits of each option.
 - Possible outcomes, including the expected length of recovery.
 - Possible side effects of medication and treatment.
 - Costs, including what your insurance may and may not cover.
 - Outcomes that you did not expect.
- You have the right to accept or refuse care.
- We will tell you what will happen if you refuse care. As permitted by law, it is your right to:
 - Decide for yourself. You have the right to give, or refuse to give, consent for any procedure, test or treatment.
 - If you legally cannot, a surrogate decision maker, as allowed by law, has the right to refuse care, treatment and services on your behalf.
 - You may verbally designate a surrogate decision-maker at any point of your stay
- You must give your informed consent before taking part in any special programs. It is your right to accept or refuse experimental treatment and/or participation in research.
- You should be fully informed of your options for care. Except for an emergency, we will not send you to another facility for treatment until we have provided for your continuing care and they have agreed to take you
- You have the right to make advance directives, including whether you wish to participate in organ donation. These documents can help make your choices clear if you ever become physically or mentally unable to decide or speak for yourself.



PATIENT RIGHTS & RESPONSIBILITIES

- Wisconsin law permits a patient's advance directive to not be followed under three circumstances. These circumstances, including on what basis the objection may be raised, include the following:
- When the physician believes that withholding or withdrawing life-sustaining procedures or feeding tubes would cause the patient pain or discomfort cannot be alleviated through pain relief measures.
- This objection may be raised by an individual physician on a case-by-case basis.
- When the physician feels he/she cannot comply with the advance directive due to a conscience objection.
- This objection may be raised by an individual physician.
- When the patient is pregnant, an advance directive has no effect if the physician knows the patient is pregnant.
- This objection may be raised on an ASC-wide basis.
- There are two types of advance directives:
 - A living will gives instructions for the care you want if you ever are terminally ill.
 - A health care power of attorney lets you name another person to make decisions about your care if you become unable to do so.
 - For more information on advance directives go to www.wisconsin.gov.
- It is your right to know the identity of all people involved in your care. You also have the right to know who is in charge of your care.
- You have the right to effective pain relief or to refuse pain relief. Talk about your wishes for pain relief with your health care provider. You should also include your wishes about pain relief in your advance directives.
- Take part in planning for your discharge after you leave. You should discuss what your needs are and how they can be met. We can give you a list of places that offer continuing care.
- Have a patient advocate, if you desire. This person can be a staff member or a person from outside the facility. He/she help you protect your rights and help resolve any conflict.
- You have the right to privacy:
- All your care, including examinations and tests, should be given in such a way to ensure your dignity.
- Have medical information about you kept private. This includes medical information in the computer.
- Understand that if you have privacy concerns you can contact the management at The Orthopaedic Surgery Center, LLC at 262.303.5001.
- You have the right to access your medical record:
- As permitted by law, you have the right to:
 - See your medical records. In general, you have the right to see and request corrections to your health record, and to know who else has access to them. You can have copies made at your own cost.
 - Copies will be made within a reasonable length of time. (Usually 48 hours.)
 - Not be recorded or filmed, or request that filming or recording stop.
- Receive a copy and full explanation of your bill.
- Your bills should list all charges and cost. If you ask, we can give you information related to financial assistance.
- Know that your physician may have a financial interest in the Surgery Center. You have the right to ask for information regarding Credentials of Health Care Professionals, along with information regarding absence of malpractice insurance.

Patient Responsibilities

- Provide complete and accurate information to the best of his/her ability about his/her current health, medication, including over-the-counter products and dietary supplements and any allergies or sensitivities.
- Follow the treatment plan prescribed by his/her provider.
- Provide a responsible adult to transport him/her home from the facility and remain with him/her for 24 hours, if receiving general anesthesia.
- Be respectful of all health care providers and staff, as well as other patients and property
- Accept personal financial responsibility for any charges not covered by his/her insurance.
- Tell us complete information so your bills can be paid on time.
- If you feel that your rights have not been properly respected, you can exercise your rights without being subject to discrimination or reprisal by:
 - Alerting the Management Staff
 - Talking to the staff

For any unresolved complaints, contact the Executive Director at 262.303.5001. They will contact you within 15 days to discuss in detail your complaint and make every effort to resolve the issue. You will receive a written letter of the decision to your complaint within 30 days.

In addition, the patient can contact:

The State of Wisconsin Department of Health and Human Services. Bureau of Quality Assistance Health Services
1 West Wilson Street, Madison, WI 53704
800.642.6552

For Medicare covered services, you may also contact the Office of the Medicare Beneficiary Ombudsman via toll free number: 800-MEDICARE (800.633.4227)



PATIENT PRIVACY PRACTICES

The Orthopaedic Surgery Center's Responsibilities

It is your right as a patient to be informed of TOSC's legal duties with respect to protection of the privacy of your personal health information.

TOSC is required to:

- Maintain the privacy of your health information.
- Provide you with a notice of the legal duties and privacy practices regarding protected health information collected and maintained about you.
- Abide by the terms of this notice.

TOSC reserves the right to change the terms of the notice of Patient Rights and Responsibilities of Privacy Practices and make the new notice provisions effective for all protected health information that it maintains. TOSC also reserves the right to change the terms of this notice with respect to any applicable more limited uses and disclosures.

TOSC will promptly revise and distribute its notice whenever it makes a substantial change to any of its privacy practices.

TOSC will not use or disclose your health information without your authorization, except as described in this notice.

Your Health Information Rights

You have the right to:

- Request a restriction on certain uses and disclosures of your health information.

You have the right to request restrictions on certain uses and disclosures of protected health information, even if the restriction affects your treatment or TOSC's payment or health care operations activities. However, TOSC is not required to agree to your requested restriction.

- Receive Confidential Communications.

You have the right to request that TOSC communicate your health information to you by alternative means or at alternative locations. TOSC shall accommodate reasonable requests.

- Inspect and obtain a copy of your health record.

You have the right to inspect and obtain a copy of your health care record. This request for access to your health care record must be submitted in writing to the Privacy Officer. This right may not apply to certain types of psychotherapy notes, and TOSC may charge you a reasonable fee for a copy of your health care records.

- Amend your health record.

You have the right to request an amendment to your health care record if you believe your health information is incorrect or incomplete. You may be asked to make this request in writing and state the reason why your health record should be changed. If TOSC did not create the health information you believe is incorrect or if TOSC disagrees with you, TOSC may deny your request.

- Obtain an accounting of disclosures of your health information.

You have the right to obtain an accounting of disclosures of your health information that TOSC has made in compliance with state and federal law. The accounting will describe the dates of each disclosure, a brief description of the information disclosed, and the reason for disclosure. You will receive one accounting per year, if desired, at no charge, and TOSC may charge you a reasonable fee for each subsequent request.

- Obtain a paper copy of the notice upon request.

You have the right to obtain a paper copy of the notice upon request.



PATIENT PRIVACY PRACTICES

Uses and Disclosures for Treatment, Payment, and Health Care Operations

- TOSC is permitted by the federal privacy rule to use or disclose your protected health information for treatment, payment, or health care operations.
- TOSC may use or disclose your health information for treatment.
- TOSC may use or disclose your health information in the provision, coordination, or management of your health care.
- TOSC may use or disclose your health information for payment.
- TOSC may use or disclose your health information to obtain reimbursement for the provision of health care services.
- The bill may include information that identifies you, your diagnosis, and your treatment.
- TOSC may use or disclose your information to your insurer to obtain payment for the provision of health care services.
- TOSC may use or disclose your health information for routine health care operations.
- TOSC may use or disclose your health information for:
 - Evaluation of patient care services,
 - Evaluating the performance of health care providers,
 - Activities relating to compliance with the law, and
 - Business planning and development.

Disclosures of Your Protected Health Information Permitted Without Your Authorization

Without your written authorization, TOSC may use or disclose your health information for the following purposes:

Required by Law:

TOSC may use or disclose protected health information to the extent that the use or disclosure is required by law and complies with and to the relevant requirements of the law. Uses or requirements of state law include the following:

- Disclosures about victims of elderly or child abuse,
- Disclosures for judicial and administrative proceedings, and
- Disclosures for law enforcement purposes.

Public Health:

When required by law, TOSC may disclose your protected health information to the State of Wisconsin for the purpose of statutory reporting.

TOSC may disclose your protected health information, excluding mental health, alcohol or drug abuse, or developmental disability, or test results, to a state or federal public health agency for the purpose of preventing or controlling disease, injury, or disability.

TOSC may disclose your protected health information, excluding your HIV test result, without your authorization to a county agency investigating child abuse.

TOSC may disclose your protected health information, excluding mental health, alcohol or drug abuse, or developmental disability, or test results, without your authorization to the Food and Drug Administration (FDA).

TOSC may disclose your protected health information without your authorization to a person who may have been exposed to a communicable disease or may otherwise be at risk for contracting or spreading the disease.

Child Abuse, Neglect, or Domestic Violence:

TOSC may disclose health information, except for an HIV test result, if TOSC reasonably believes that an individual is a victim of child or elder abuse.

Health Care Oversight Activities:

TOSC will not disclose HIV test results to health care oversight agencies without authorization. TOSC may disclose your mental health, alcohol or drug abuse, or developmental disability-related health information to:

- Department of Health and Family Services,
- County for coordination of human services, and
- Board of aging and long-term care.

Other holders of your protected health information may be disclosed without your authorization to a state or federal agency.

Legal and Administrative Proceedings:

TOSC may disclose your protected health information in response to a court order.

Law Enforcement:

TOSC may disclose your protected health information except for HIV test results to county law enforcement officials for the reporting and investigation of elderly and/or child abuse. TOSC may disclose your protected health information except for mental health, alcohol or drug abuse, or developmental disabilities or HIV test results to state and federal law enforcement officials. TOSC may disclose mental health, alcohol, drug abuse, or developmental disability-related health information for limited law enforcement purposes as required by law. TOSC may disclose protected health information to a law enforcement official in response to a court order.



PATIENT PRIVACY PRACTICES

For Activities Related to Death:

- **Coroner or Medical Examiner:**

TOSC may use or disclose your protected health information that is not an HIV test result or related to mental health, alcohol or drug abuse, and developmental disabilities to a coroner or medical examiner.

- **Funeral Director:**

TOSC may use or disclose your HIV test result to a funeral director.

For Cadaveric Organ, Eye, or Tissue Donation Purposes:

TOSC may use or disclose your HIV test result to organ procurement organizations or other entities engaged in the procurement, banking, or transplantation of cadaveric organs, eyes, or tissue for the purpose of facilitating organ, eye, or tissue donation and transplantation.

Research:

TOSC may use or disclose your protected health information for research purposes if the researcher has obtained your permission or fulfilled the stringent privacy requirements of state and federal law.

To Avoid a Serious Threat to Health or Safety:

TOSC may disclose your protected health information under limited circumstances to law enforcement officials to avert a serious threat to health or safety.

Disclosures for Specialized Government Functions:

TOSC may disclose protected health information excluding mental health, alcohol, or drug abuse, or developmental disabilities or HIV test results for:

- National security,
- Protection of the President,
- Medical suitability determination, or
- Armed Forces personnel to a state or federal agency.

TOSC may also disclose protected health information to limited staff of a correctional institution or a custodial law enforcement official for the provision of health care and transport of inmates.

Workers Compensation:

TOSC may disclose protected health information reasonably related to workers' compensation injury. TOSC has attempted to explain with this notice the circumstances where state law may be more protective than the federal privacy rule and provides greater privacy protection.

If you believe your privacy rights have been violated, you may file a complaint with TOSC or with the Secretary of the Department of Health and Human Services.

To File a Complaint with TOSC, Contact:

Executive Director

The Orthopaedic Surgery Center N15 W28300 Golf Road Pewaukee, WI 53072

Phone: 262-303-5001

Fax: 262-503-5007

Or you may contact:

The State of Wisconsin Department of Health and Human Services

Bureau of Quality Assistance Health Services

www.dhs.wisconsin.gov

1 West Wilson Street, Madison, WI 53704

Phone: (800) 642-6552

Fax: (608) 243-2026

THE ORTHOPAEDIC SURGERY CENTER



For questions or concerns,
call 262-303-5055

OrthoWisconsin.com