



ROBERT J. AVINO, MD

Board Certified Fellowship Trained
ROBOTIC JOINT REPLACEMENT SPECIALIST

(561) 727-1306

TeamAvino@pboi.com

Joint Replacement Coach: _____

It is required that you have a designated support person (joint replacement coach) to be with you before and after surgery. This person should attend preop appointments with you as well as bring you to the hospital, pick you up from the hospital, and be with you for the first few days following surgery.

Clearance(s) Required Prior to Surgery Booking:

We will need the last office note, any testing performed, and a note specifically stating you are cleared for surgery. ****Ensuring we receive this information is your responsibility****

- Cardiology
- _____
- _____

Pre-Surgery Optimization/Appointments:

- MEDICAL CLEARANCE Do on/around: _____
Done through primary care physician or Urgent Care)
 - Chest x-ray
 - EKG
 - Blood work: CBC, CMP, Hemoglobin A1C, PT/INR, PTT
 - Office note stating you are cleared for surgery
- PREOP TESTING

Mako CT Scan:

You will have a MAKO CT scan approximately 7-14 days before surgery. Your scan will be performed at:

- Palm Beach Gardens Medical Center (3360 Burns Rd. Palm Beach Gardens)

Preop Physical Therapy

You will have preoperative physical therapy at one of our office locations.....

Preop w/DR. AVINO:

You will see Dr. Avino one week prior to surgery for a preop visit to receive your post-operative instructions & to sign your surgery consent form.



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Once your surgery is scheduled, you will receive an email with additional information, instructions, and appointments. Please carefully read through the email and the attachment which will be a checklist for your upcoming surgery with important appointments and dates.

****As we are coordinating your surgery, you will receive several automatic text messages regarding appointments. Please ignore these and await your surgery scheduling email****

Contact Information:

Heather (Dr. Avino's Medical Assistant)

Jade (Dr. Avino's Surgical Coordinator)

Phone: **(561) 727-1306**

Email: **TeamAvino@pboi.com**

ITEMS TO PURCHASE BEFORE SURGERY:

The checked items below must be purchased PRIOR to your surgery. The walker and cane can be purchased inexpensively at a local thrift store, from your local drug store, Amazon.com, or borrowed if someone you know has one or both.

2-WHEELED WALKER (Available at our office for \$50)

CANE

BLOOD THINNING MEDICATIONS TO STOP BEFORE SURGERY:

- 10 days - NSAID medications (Advil, Ibuprofen, Aleve, Motrin, Diclofenac, Meloxicam, Celebrex, etc.)
- 10 days - Aspirin (unless otherwise instructed by your cardiologist)
- 10 days - All vitamins and supplements
- Eliquis/Xarelto/Plavix/Coumadin/etc. - stop as instructed by your cardiologist
- 7 days - GLP-1 Medications (Ozempic, Weygovy, Mounjaro, etc.)

****TYLENOL (ACETAMINOPHEN) IS OK TO TAKE****

OTHER MEDICATIONS:

For blood pressure, diabetes, and other medications and supplements, please have a full list of your medications and supplements with you at your preop appointment with The Surgery Center and they will advise you on what to take and what not to take prior to surgery.

DENTAL:

NO dental visits 30 days prior to surgery or for 90 days after surgery.

PRESCRIPTION REFILLS:

Should you require a refill on any of your medications after surgery, please give our office a call. Your request may take 24-48 hours to be completed. Multiple calls to the office will not expedite your request.



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Our Team

Madison Schwerzler, PA-C, MPAS



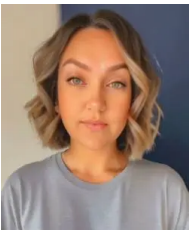
Madison is Dr. Avino's physician assistant. A Physician Assistant (PA) is a board-certified healthcare professional who practices medicine in close collaboration with physicians and surgeons. As an integral part of the joint replacement team, Madison works alongside Dr. Avino and the clinical staff to provide coordinated, comprehensive care for patients undergoing hip and knee replacement. She is involved in all aspects of care, including patient evaluations, preoperative preparation, surgical assistance, and postoperative management, helping ensure a seamless and efficient experience throughout the joint replacement process.

Heather DalSanto, CMA



Heather is Dr. Avino's medical assistant. Heather works alongside Dr. Avino in the clinic to help provide the highest quality of care, helping patients navigate their journey toward joint replacement.

Jade Alvarez



Jade is Dr. Avino's surgical coordinator. Jade is an instrumental part of the joint replacement team, helping schedule and coordinate patient care for Dr. Avino.

Clinical Assistant

On occasion when you call our office, you may speak with someone other than Jade or Heather. This is a clinical assistant. The clinical assistant helps answer patient calls while Heather and Jade are helping other patients or are out of the office.



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Time Commitment for Joint Replacement

We strive to have the best possible outcomes for all of our patients. As a patient you can improve your outcome by committing the appropriate time for preparation and recovery for your hip or knee surgery.

Before Surgery:

- 30 days before surgery: You will see either the hospital anesthesia team or your primary care physician
- 1-2 weeks before surgery: You will have an appointment for your specialized CT scan
- 1 week before surgery: You will have your pre op appointment with Dr. Avino.

After Surgery:

- We like to follow up with patients after surgery to check in on their progress. You will either see Dr. Avino or Spencer (our Physician Assistant) depending on the postoperative visit. These visits will be approximately:
 - 7-14 days after surgery
 - 5-6 weeks after surgery
 - 3-4 months after surgery
 - 5 years after surgery
- Physical Therapy: 2-3 times a week for 6-8 weeks following surgery

Surgery Recovery:

- **HIPS:** Most patients are able to participate in their daily activities by the 6 week mark. By 3 months, most patients are able to return to normal activities.
- **KNEES:** It can take up to 3 months to return to most activities, and likely 6 months to 1 year to fully recover to maximal strength and endurance.

These timeframes depend on your condition before surgery, additional medical problems, and your expectations.

- 1-2 weeks: Bandage removed at first postop visit. Okay to shower without covering the incision. NO baths, pools or swimming.
- 5-6 weeks: If incision is fully healed and okayed by Dr. Avino, may submerge incision.
- 3-4 months: Gradual return to all activities

Driving:

- 2-4 weeks



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Important Information/Fees:

MAKO CT SCAN

A specialized CT scan is required in order for Dr. Avino to perform your robotic-assisted joint replacement surgery. Some insurance companies will not approve this CT scan because it is related to robotic surgery. Please be advised that if your insurance does not cover/approve this CT scan, the cost is approximately \$400.

CANCELLATION/RESCHEDULE FEE

Booked surgeries that are canceled or rescheduled will be subject to a fee of \$500 which is nonrefundable and not paid by your insurance company. This policy applies to **ALL** booked surgeries.

ROBOTIC ASSISTED SURGERY

Most insurance carriers do not cover the robotic assisted portion of your surgery as they deem this an “experimental” procedure, despite supporting evidence. If your insurance does not cover this, you will be responsible for the self-pay fee (\$950) prior to your surgery.

FORM COMPLETION FEES

Form completion(s) require a lot of staff time and resources without insurance reimbursement. Because of this, there is a fee for completion of paperwork related to your surgery. (Please note, all forms are filled out for 3 months of leave)

If you require FMLA and/or short-term disability paperwork to be completed for your surgery, there is a \$25 fee for each form and a 1 (one) week turnaround time once paid.

If you need your documents urgently, there is a \$50 fee and the forms will be completed within 24 hours.

These fees also apply to any other paperwork related to your surgery (travel cancellation, etc.).

SURGERY DATE “HOLDS”

–*TENTATIVE HOLD*: A tentative hold does not guarantee a slot on the selected surgery date. We will do our best to hold your selected date, however, if other patients are ready to be scheduled, your slot may be taken and you will be offered alternate dates once you are ready to be scheduled.

–*GUARANTEED HOLD*: A guaranteed hold is available for a non-refundable fee of \$500. This fee guarantees a surgery slot on the date you select. No one else will be able to schedule in your slot.



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Frequently Asked Questions

ABOUT SURGERY

What is Mako Robotic-Arm Assisted Surgery?

Mako Robotic-Arm Assisted Technology provides you with a personalized surgical plan based on your unique anatomy. First, a CT scan of the diseased hip or knee joint is taken. This CT scan is uploaded into the Mako System software, where a 3D model of your hip or knee is created. This 3D model is used to pre-plan and assist your surgeon in performing your joint replacement procedure. In the operating room, Dr. Avino follows your personalized surgical plan while preparing the bone for the implant. Dr. Avino guides the robotic arm within the pre-defined area and the Mako System helps Dr. Avino stay within the planned boundaries that were defined when the personalized pre-operative plan was created.

What are the implants made of?

Metal alloys, durable plastic, and ceramic.

More information can be found on our website: www.RobertAvinoMD.com

What type of anesthesia will be used?

Dr. Avino typically recommends spinal anesthesia. This is a decision based on many factors. On the day of surgery, you will meet with your anesthesiologist and more information will be provided by the anesthesia team. They will answer any specific anesthesia questions.

How long will I be in the hospital?

Most patients are able to go home the same day as their surgery. Some patients stay in the hospital for one night following joint replacement surgery and are then discharged to home. Surgery is considered outpatient whether you go home same-day or stay overnight.

How long will my surgical incision be?

The size of the incision is based on the complexity of your case, however, the incision for anterior hip replacement is typically about 6 inches long and for knee replacement 7-8 inches.



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BEFORE SURGERY

What is a Joint Replacement Coach?

A joint replacement coach is the person who will be providing you support throughout your joint replacement journey. This person should attend preoperative appointments with you as well as bring you to the hospital, pick you up from the hospital, and be with you for the first few days following surgery.

Will Dr. Avino meet with my family before surgery?

We strongly encourage you to bring a family member to your preoperative appointment to meet Dr. Avino and the team. During this visit, we review a lot of important information related to your surgery and recovery.

Will I need any special medical equipment?

You will need to bring with you to the hospital a standard 2-wheeled walker. It will be labeled with your name and will be adjusted appropriately before your discharge. The hospital will not discharge you without a walker. You will also need a cane at home. Physical therapy will let you know when you are ready to transition from the walker to a cane. This is typically 1-3 weeks after surgery. You should not need any assistive devices at home (shower chair, raised toilet seat). Prescriptions are not provided for the walker or cane. These items can be borrowed from a friend/neighbor or can be purchased through our office.

Do I need to stop taking anti-inflammatories or blood thinners prior to surgery?

Yes. These medications must be stopped 10 days before surgery. These include ibuprofen, Advil, Aleve, and fish oil. For prescription blood thinners, your primary care physician or cardiologist will let you know when to safely discontinue these medications prior to surgery.

Why do I need to quit smoking and/or using nicotine-containing products before surgery?

There is a higher risk of wound complications and infections in smokers, and patients who use nicotine-containing products, due to the constriction of blood vessels caused by nicotine. You must stop smoking and the use of any nicotine products (including nicotine gum/patches/pouches) for at least 6 weeks before booking surgery. You will also require dental clearance.

Why is dental hygiene important before surgery?

It is important to see a dentist regularly to maintain proper dental hygiene. This is especially important if you are preparing to have a knee or hip replacement since your mouth could be a source of infection. If it has been over 12 months since your last dental visit, it is highly recommended that you see a dentist before surgery. Dental procedures such as extractions and periodontal work should be completed 30 days before or 90 days after joint replacement to reduce the potential of infection.



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AFTER SURGERY

How will my family member/friend know when my surgery is done?

Your family member/friend will be with you in the preop area up until your time of surgery. You will provide the pre-op nurses with a name and phone number for Dr. Avino to call after surgery. Once your surgery is complete, Dr. Avino will call your family member/friend.

Do I need someone at home with me after surgery?

Yes, Dr. Avino recommends someone be with you for the first few days after surgery. We designate this person as your Joint Replacement Coach.

Is surgery and recovery very painful?

You are undergoing major elective surgery and pain is to be expected. However, each patient's pain level and pain tolerance are different.

HIP: Pain following total hip replacement has come a long way over the last 30 years. Early range of motion and rapid rehabilitation protocols are also designed to reduce early stiffness and pain, making the procedure in general much less painful than in years past. You may have relatively mild pain following the procedure, or you may have more pain. Everyone is unique and handles and perceives pain differently.

KNEE: Pain following total knee replacement has come a long way over the last 10-15 years with increased use of regional nerve blocks, spinal blocks, and various other modalities used for pain control. Early range of motion and rapid rehabilitation protocols are also designed to reduce early stiffness and pain, making the procedure in general much less painful than in years past. You may have relatively mild pain following the procedure, or you may have a more difficult time than others. Everyone is unique and handles and perceives pain differently.

Keep in mind that while pain management has greatly improved, a pain-free surgery is unlikely.

What will I take to control pain after surgery?

Most patients postoperatively take Tylenol and an anti-inflammatory medication to control pain. Depending on the surgery, additional medications may be prescribed. This will be discussed at your pre-op visit with Dr. Avino the week before your surgery.

How long does it take to recover from surgery?

HIP: Most patients are able to participate in their daily activities after 6 weeks. By 3 months, most patients are able to return to normal activities.

KNEE: It can take up to 3 months to return to most activities, and likely 6 months to 1 year to fully recover to maximal strength and endurance. This depends on your condition before surgery, additional medical problems, and your expectations.



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Can I go to a rehab facility once I am discharged from the hospital?

NO. Dr. Avino does not recommend that his patients go to rehab facilities following surgery.

Will a nurse or physical therapist come to my house?

A home health nurse and physical therapist will typically come to your home a day or two after you are discharged. The home health company will coordinate this with you. A nurse will come visit you once or twice. The physical therapist will come 2-3 times a week for 2 weeks. However, depending on your insurance, some patients start outpatient physical therapy immediately following surgery.

Do my surgical bandages need to be changed?

No, your bandages stay on until your first postoperative visit. You can shower but must cover the bandages and keep them dry. (You will not be able to submerge [baths, pools, hot tubs] your incision for at least 6 weeks when the incision is fully closed and healed.)

When will I be seen for follow-up after surgery?

Our team will see you for the first visit between 7-14 days after surgery. Your next visit will be 6 weeks after surgery and then 3-4 months after surgery.

How long before I can drive?

Typically 2-4 weeks. We want to make sure you are not taking any opioid pain medications, you can comfortably get in and out of the car, and you feel strong enough to get your foot from the gas to the brake quickly enough to avoid any accidents. Dr. Avino will let you know when you are cleared to begin driving again.

How long before I can swim or take a bath after surgery?

Dr. Avino recommends against submerging your incision for 6 weeks. At the 5-6 week post-op visit, we will check your incision and, if fully healed, you will be cleared to submerge it.

How long before I can travel?

Dr. Avino advises against traveling for 4-6 weeks after surgery.

When will I be able to return to work?

Dr. Avino will advise you when you are able to return to work. Typically you can return to work 4-12 weeks after surgery depending on your type of work and job requirements.

When will I be able to return to normal activities?

You should be able to gradually return to all of your normal activities without limitations at the 3-month postoperative mark, although full healing can take up to 1 year.

When can I resume sexual activity?

Most patients are able to resume sexual activity 4-6 weeks following surgery. We have a handout about this available upon request.



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Will I have numbness around my incision?

Yes, numbness around the incision site is normal and may persist following surgery. The area of numbness may decrease over time, but some numbness may persist.

Will I gain weight after surgery?

Weight gain immediately following total joint replacement is common, with patients often seeing a 10–15 pound increase within days. This is primarily caused by fluid retention and swelling due to the inflammatory response and large amounts of IV fluids given during surgery. It may take 4–6 weeks for your weight to return to normal.

How long will I experience swelling following knee replacement?

Your knee may continue to appear swollen for up to 1–2 years following surgery.

Will I have to take antibiotics when I go to the dentist?

You will typically need to pre-medicate with antibiotics prior to any dental procedures for the first year after your joint replacement surgery.

The following antibiotics are recommended and can be obtained through our office or your dentist:

- Amoxicillin 2,000mg (4 pills of 500mg) by mouth 1 hour prior to the procedure.
- If you have a true penicillin allergy: Clindamycin 600mg (2 pills of 300mg) 1 hour prior to the procedure.

Will my implant set off metal detectors?

Patients with joint replacements may set off metal detectors. It is reasonable for you to inform the TSA screening agent at the airport that you have had a joint replacement; however, you will still require screening and will need to follow the directions of the screening agent.

Why are there fees for work forms?

Work forms require a significant amount of staff time and are not reimbursed by insurance.

Why can't I have a Handicapped Placard after surgery?

Dr. Avino encourages walking and using your new joint as part of your recovery 😊

What if I have a concern or question following surgery?

During *regular business hours*, please email Heather at: teamavino@pboi.com

This is the quickest way to reach us and receive a response. You may also try to call us at (561) 727-1306.

In the event of an urgent issue *after hours or on the weekend*, please call PBOI's main number (561) 694-7776 and you will be able to leave a message which will be sent to Dr. Avino.