



Care Navigator: Kelly Coates
Community Memorial Hospital
315-824-6573

General Information

- ▶ Having a Coach
 - This can be a family member/friend/spouse
 - Should stay with you at least 3–5 days after surgery

- ▶ Make sure you have someone to take you to appointments and physical therapy
 - You will be advised not to drive until you are off of your narcotics and are able to walk with a cane



General Information

▶ Same Day Surgery

- The plan is that you would go home the same day as your surgery. You see physical therapy the same day.

▶ Inpatient

- The plan will be that you will stay overnight after your surgery.
- You will most likely be evaluated by physical therapy the next morning.

General Information

- ▶ Navigate each module at your own pace.
- ▶ If you want to review a specific module, you can do so by clicking on that specific module.
- ▶ Please feel free to contact us with any questions.

