

## Pre-Operative Surgical Instructions

Dear Patient,

Thank you for choosing Orthollinois for your surgical care. This form has information regarding your surgery and it is very important that you read it through carefully. Please call us with any questions or concerns.

### **Scheduling your surgery:**

- The surgery scheduler will contact you once your insurance has been verified. Please allow up to 10 business days for the scheduler to contact you. If you have not been contacted within 10 business days, please call our office at 815-847-7042.
- If your surgery is a worker's compensation claim, we will contact you once our Work Comp Department has verified that your surgery has been approved. We may not begin the surgery scheduling process until the work comp insurance has notified us of the approval. Questions regarding worker's compensation should be directed to the Work Comp department at 815-398-9491.

### **Precertification:**

- As a courtesy, Orthollinois will pre-certify your surgical procedure with your insurance company if required. However, please contact your insurance company 48 hours prior to you surgery to verify they have all of the required information. Ultimately, the patient is responsible for payment if the insurance denies payment.

### **History and Physical/Medial Clearance:**

- You will need to have your primary care physician perform a pre-operative history and physical exam, blood work and an EKG.
- You may also require clearance from a specialist such as cardiology or pulmonology if you have any associated conditions.
- The history and physical appointment must be within 30 days of the planned procedure and will be scheduled by our office.
- Please bring a complete list of medications you are taking to these appointments.
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### **Pre-anesthesia Testing:**

- If your surgery is being scheduled at a hospital, you may need to have testing done prior to the date of surgery. These tests are generally done at the same facility that your surgery will be performed at. If you have any questions regarding the testing, please contact the facility.

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▪ OSF St. Anthony Hospital:	815-395-5444
▪ Swedish American Hospital:	815-489-4924
▪ Rockford Memorial Hospital:	815-971-5005
▪ OrthoIllinois Surgery Center:	815-381-7400

## **Medications:**

- 10 Days before surgery you will need to stop all of the following unless otherwise specified by Dr. Bottros: Aspirin, Plavix, any anti-inflammatory medication, except Celebrex (this may be taken up to the day before surgery).
- 5-7 days before your surgery you will need to stop Coumadin. You may be directed by your cardiologist or by Dr. Bottros to use Lovenox injections during the time you will not be taking Coumadin. You may also need to use Lovenox injections during the immediate post-operative period until your Coumadin levels are back within therapeutic range.
- You may continue to take the following medications: Tylenol (Regular Strength, Extra Strength or Arthritis), Celebrex, Ultram/Tramadol/Ultracet, Iron supplements (if directed).
- If you are having a second surgery, please refer to the list above for stopping medications prior to your next procedure.

## **Things I should do to get ready for my surgery:**

- Cancel any dental appointments (unless discussed with Dr. Bottros) within 3 weeks of your scheduled surgery. You will be asked to refrain from any dental visits for 3 months after your surgery.
- Arrange for a family member or friend to drive you to and from the hospital the day of your surgery and stay with you for 3-5 days after your surgery. Although you will be mobile around your home after surgery, having someone there with you for the first few days is helpful.
- Remove small throw rugs or other small obstacles that may be in your path after surgery. Remember, you will be using a rolling walker for about a week after surgery so please plan accordingly.
- If you have pets, you may want to have a family member or friend help you care for them after you return home. Pets can pose a serious danger when walking through your home with the walker. Please be safe.
- While taking narcotic pain medications (Norco, Hydrocodone, Vicodin, Percocet, Oxycodone, Oxycontin) you are not permitted to drive a vehicle. You may need to arrange for transportation to help you get to your 2 week post-op appointment (this appointment is made for you when you arrange a surgery date).

## **Night before Surgery:**

- Perform the surgical scrubs that were given to you and take a shower before going to bed. Sleep on clean sheets and pillow cases.
- Nothing to eat or drink (including gum) after midnight the night before surgery unless otherwise specified. Medication may be taken with a sip of water the morning of surgery. Diabetic medications requires special dosing with should be provided by your primary care physician.
- Go to bed early and get a good night's rest!

## **Surgical site:**

- Do not shave your operative leg for one week prior to surgery. Perform the last surgical scrub to the operative leg only the morning of surgery.
- If you have insect bites, rashes or acne on the operative site, your surgery may be canceled.

## **Morning of Surgery:**

- Wear comfortable clothing to the hospital. Wear non-skid shoes and keep in mind that your foot may have some swelling after surgery. Leave valuables at home. Bring a walker if you have one already. It will need to have 2 wheels on the front legs and 2 stoppers on the back legs. If you do not have one, you will be prescribed one in the hospital after surgery.
- Bring any prescription medications with you that may be of special need. The hospital may not carry your particular medication. Bring your CPAP machine if you have sleep apnea.
- Arrive at the hospital 2 hours prior to your surgery start time. Someone from Dr. Bottros' office will call you on Monday afternoon, the week of your surgery with your surgery time. If you are scheduled on a Monday you will receive your time the Friday before. Please contact our office if you do not receive a call by 3:00pm.

## **Pain Medications:**

- If you need a refill of your pain medication, we ask you call our office. Federal regulations require the prescription to be picked up in our office and hand-carried to the pharmacy.
- Pain medicine prescription refills after surgery will ONLY be filled Monday-Friday, 8 am-3 pm. No prescription will be issued on weekends or after 3 pm on weekdays.
- If you are in need of pain medication refills over a weekend, you will need to be evaluated in an emergency room for a written prescription to be issued.
- Please call in advance to request medication refill. Due to availability of your physician, it may take up to 72 hours to prepare the refill.

**Meghan H. - Clinical Lead for Dr. John Bottros - 815-398-9491**

**Dawn K. - Surgery Scheduler for Dr. John Bottros - 815-847-7042**