

Pre Surgical Checklist:

Please complete the items below as soon as possible:

- Medical Clearance – Please contact your primary care physician and make an appointment to be seen two (2) weeks prior to surgery, but not more than 30 days before surgery. The hospital requires that you be medically cleared and declared healthy enough to have surgery. This usually involves a summary of your medical history, a physical exam, an EKG, and a review of your laboratory work and current medications. If your health condition dictates, other tests or evaluations by other specialists may be necessary. Your primary care physician will tell you if these are needed. What I would like done at that screening is on the orders included in this packet.
- Medical clearance and test results should be sent to our office at: Fax (847) 929-1119 and to the pre-surgical testing department at (the hospital/surgery center)
- We do not require, but strongly recommend a visit to your dentist prior to surgery. Documentation from your dentist is not required.
- Employment and Disability Forms – If you have forms that need to be filled out regarding a disability or for your employer, please forward them to my office for processing.
- Review the “Medication Instructions” sheet so you know specifically if or when any of the medication you are taking will need to be stopped prior to surgery. Check with the prescribing doctor before stopping any of your medication.
- Review the “Cleansing Instructions” for information on purchasing Hibiclens antiseptic soap so you have it on hand for your pre-surgical cleansing.
- Review the “Rehabilitation Information” to make arrangements in advance, for your care.

One (1) month prior to surgery:

- Check the “Medication Instructions” sheet for this time period.

Three (3) weeks prior to surgery (Preoperative appointment):

- We require a preoperative visit approximately 3 weeks prior to surgery. The purpose of this visit is to make sure we have all of the necessary information and imaging studies needed for a successful joint replacement surgery. Also, we want to make sure that you have all of your questions answered prior to surgery.

Two (2) weeks or 14 days prior to surgery:

- See your physician for medical clearance and review of your medication and lab work.
- Blood Typing – It is important that we learn your blood type prior to surgery. Please go to the appropriate facility below and have a Type and Screen blood test done 14 days or less prior to surgery. A prescription is enclosed within this folder. Although you do not need an appointment for this blood test, you will need to register when you arrive at the facility.

Blood typing is not required if surgery is scheduled at an outpatient surgery center.

- For surgery at Lutheran General Hospital, please go to:
Lutheran General Center for Advanced Care (CAC)
1700 Luther Lane, 1st Floor, Park Ridge, IL 60068

Walk-in hours are: Mon-Fri 6:30am-7:00pm, Sat 6:30am-3:00pm.

- For surgery at Skokie Hospital, please go to any NorthShore Outpatient Laboratory.
Visit their website at: www.northshore.org/locations/lab-services
or call (847) 663-2100 to find the location nearest you.

Generally I do not recommend donation of your own blood prior to surgery. However, if there are circumstances that require it, you will be notified.

One (1) week or 7 days prior to surgery:

- Check the "Medication Instructions" sheet for this time period.
- Review the "Cleansing Instructions" sheet and begin washing daily with Hibiclens.
- Infection Control – Many patients will carry staph bacteria in their nostrils and are unaware of it. This condition has been associated with an increased risk of infection in joint replacement surgery. To reduce this risk, we recommend a decolonization protocol. If you are having surgery at Lutheran General or Illinois Sports Medicine & Orthopedic Surgery Center (ISMOSC), this will be done upon your arrival at their facility. If you are having surgery at Skokie Hospital, you will be provided with a prescription for mupirocin ointment at your preoperative appointment. This is to be used for the 5 days prior to surgery.

Five (5) days prior to surgery:

- Check the "Medication Instructions" sheet for this time period.

One (1) day prior to surgery:

- Check the "Medication Instructions" sheet for this time period.
- To prevent any problems while you are under anesthesia, please do not eat or drink anything after midnight the night before your surgery. The only exception to this is for allowed medications which can be taken with a sip of water.
- If you have not already been contacted, expect a call from the hospital/surgical center between approximately 2pm and 6pm the day prior to surgery instructing you on where to go and what time to arrive at the hospital/surgical center.

The time of surgery is dependent on several factors including operating room and equipment availability as well as the needs of individual patients. Once that time is set, it cannot be changed. Please refrain from calling our office regarding surgery times; the hospital will call you.

The day of surgery:

- Remember to bring a picture ID and insurance card(s) with you to the hospital/surgical center.
- Please do not bring any valuables or jewelry to the hospital/surgical center. The

hospital/surgical center is not responsible for lost or stolen items.

- If you wear glasses or use a hearing aid, please bring these with you. Also if you use a cane, crutches or a walker you may need to bring these to the hospital/surgical center.
- Have someone drive you to the hospital/surgical center. Remember, you will not be allowed to drive yourself home after your surgery and you will not be permitted to leave the hospital/surgical center alone or by taxi.

As you know, I am committed to your care. Please feel free to reach out to me if you have any questions or concerns while preparing for your surgery.

Medication Instructions:

Because of the way certain medications interact with each other and how they work within the body it may be important to stop taking them prior to your joint replacement surgery.

Please check all the medications you are currently taking against the list I have compiled below. This list will assist you in determining if or when you need to stop your medications. If your medication is not listed or you have been specifically instructed otherwise, you may continue to take your medication, as usual, until the day before surgery. Check with the prescribing doctor before stopping any of your medications.

Please notify me if you are taking Narcotic Pain Medications on a regular basis. Weaning off or stopping the medications listed below is highly recommended prior to surgery:

- Hydrocodone
- Norco
- Opana
- Oxycontin
- Percocet
- Vicodin

One (1) month prior to surgery, please stop Anti-Rheumatic infusion such as:

- Enbrel
- Humira
- Remicade

(Anti-Rheumatic infusions can be resumed one month after surgery.)

One (1) week or 7 days prior to surgery, please stop taking the following medications to decrease the risk of excessive bleeding:

- All vitamins and herbal supplements
- Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)
- Choline and magnesium salicylates (CMT, Tricosal, Trilisate)
- Choline salicylate (Arthropan)
- Diclofenac potassium (Cataflam)
- Diclofenac sodium (Voltaren, Voltaren XR)
- Diclofenac sodium with misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)

Fenoprofen calcium (Nalfon)
Flurbiprofen (Ansaid)
Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)
Indomethacin (Indocin, Indocin SR)
Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)
Magnesium salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
Meloxicam (Mobic)
Nabumetone (Relafen)
Naproxen (Naprosyn, Naprelan)
Naproxen sodium (Aleve, Anaprox)
Oxaprozin (Daypro)
Piroxicam (Feldene)
Plavix
Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salfex, Salsitab)
Sodium salicylate (various generics)
Sulindac (Clinoril)

Five (5) days prior to surgery, please stop taking the following medications to decrease the risk of excessive bleeding:

Coumadin
Eliquis
Pradaxa
Warfarin
Xarelto

One (1) day prior to surgery, please stop taking the following medications for anesthesia purposes:

Benazepril (Lotensin)
Candesartan (Atacand)
Captopril (Capoten)
Enalapril (Vasotec, Renitec)
Eprosartan (Teveten)
Fosinopril (Monopril)
Irbesartan (Avapro)
Lisinopril (Lisodur, Lopril, Novatec, Prinival, Zestril)
Losartan (Cozaar)
Olmesartan (Benicar)
Perindopril (Coversy, Aceon)
Quinapril (Accupril)
Ramipril (Altrace, Tritace, Ramace, Ramiwin)
Telmisartan (Micardis)
Valsartan (Diovan)
Zofenopril

You may continue to take the following medications until the time of surgery:

Acetaminophen	Anti-Rheumatic Medications:
Celebrex	Methotrexate
Tramadol/Ultram	Plaquenil
Tylenol	

I encourage you to contact me as soon as possible if you have any questions related to your medications.

Although you and I discussed your surgery in detail at your recent appointment, I would like you to feel comfortable in knowing what to expect during surgery. Listed below are a few internet based resources that you might find helpful in gaining a better understanding of the surgical process.

DrGordonOrtho.com

This is my personal website which contains many resources for patients.

As part of your care plan, I am also prescribing an online educational program, which provides a third party perspective of the risk and benefits of surgery. Viewing the program can be an important step in preparing for your surgery and gaining a better understanding of the procedure.

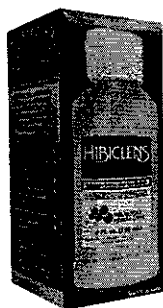
- If you provided my staff with your e-mail address, an invitation will be sent to you from: My-Emmi Support [support@my-emmi.com] to view the program(s) I prescribed. It will contain a link to their website and an 11-digit access code.
- If you were not able to provide my staff with an e-mail address, they will print up a document containing the website address, instructions, and your 11-digit access code.

I encourage you to visit startemmi.com and view the program I prescribed. For your convenience, programs can be viewed on any electronic device having internet access, on any day, at any time.

If there is anything that creates uncertainty, please contact me to discuss.

I recommend that you use Hibiclens antiseptic soap to clean your skin prior to surgery. This cleansing process is necessary to help prevent infection and must be completed in order to proceed with surgery.

For your convenience, Hibiclens is available for purchase at our DME Services, located on the first floor of IBJI Morton Grove. Hibiclens can also be purchased at various retail pharmacy locations.



Seven (7) days prior to surgery please begin using Hibiclens antiseptic soap in the shower to cleanse your body each day. Please pay special attention when cleansing the area(s) for your surgery to help prevent infection.

Home Health Services - Rehabilitate at Home

Recent advances in surgical techniques, pain management, and accelerated rehabilitation protocols are allowing more patients to be discharged directly home 2 to 3 days after surgery. Studies have shown that your risk of infection is lower at home as compared to Skilled Nursing facilities. For that reason, this is my preferred method of postoperative rehabilitation if you are in good health, have support around the house, and are in a safe environment. Due to insurance regulations, home health services cannot be initiated before your surgery is completed. Thus, the referral and order for home health services must be made post operatively by the hospital social worker. However, to ensure a smooth transition to home care, we highly recommend that you contact the home health agency prior to surgery. I recommend a home health agency for the first 2 to 3 weeks after surgery. Below are a few agencies that have worked well for my patients in the past.

Aspire Home Health Care, (877) 270-1812

Guardian Home Health, (847) 441-5020

Skilled Nursing Facility - Rehabilitate at a Facility

Some patients will require the services of a nursing home after their discharge from the hospital. These facilities provide therapy and nursing care for a limited period of time after surgery. The final decision on whether an individual patient is ready for home care is a joint decision between the patients and the care team at the rehabilitation facility.

Outpatient Physical Therapy

If Outpatient Physical Therapy is recommended as your best option, you will be provided with a prescription for that therapy upon discharge from the hospital. Choose a location that is near your home. Please contact my staff prior to scheduling your first outpatient Physical Therapy appointment so that we can send the appropriate orders. Since you may not be able to drive, you may need someone to give you a ride to your appointments. Appointments are generally 2 to 3 times per week for 4 to 6 weeks following surgery.

Antibiotic Use and Dental Procedures

We recommend two (2) years of prophylactic antibiotic use prior to dental procedures after a joint arthroplasty.

Please contact me prior to dental work if you have any questions regarding your need for antibiotics.

What time is my surgery?

The hospital or surgery center will call you approximately between 2pm and 6pm the day before surgery to advise you of the time of your surgery and when to arrive at the hospital and where to go. The time of surgery is dependent on several factors and once it is set, it cannot be changed. Please refrain from calling my staff regarding surgery times as the hospital will call you.

Do I need to fast prior to my lab work?

Fasting is not required prior to your lab work.

Where do I go for my blood type and screen?

If you are having surgery at Lutheran General Hospital you will need to go the Lutheran General Hospital Center for Advanced Care, additional details including hours and address are included in your surgery packet. If you are having surgery at Skokie Hospital you need to go to a NorthShore outpatient laboratory, details on how to locate one of these labs is included in your surgery packet. The hospitals will not accept results of this test if it is performed anywhere else.

When can I go for my blood type and screen?

Blood type and screen testing must be done 14 days or less prior to your surgery date.

I already know my blood type or already had this tested, why do I have to do this again?

The hospital requires a recent test as we also screen for antibodies in your blood and these can change over time.

I had a physical last month; can I use that as my pre operative medical clearance?

Your preoperative medical clearance with your primary care physician must be performed within 30 days of your date of surgery. Additionally, when scheduling this appointment please allow enough time between your lab appointment with IBJI and your appointment with your primary care provided for us to send them your lab work for review.

Can I have a manicure and pedicure prior to surgery?

We advise against this. The nail polish can interfere with sensors used to monitor you during and after surgery.

When can I drive after surgery?

You should only drive once you are no longer taking narcotic pain medication and have the strength and control in your body to safely control your vehicle. This time frame varies for each individual patient.