

Pre-Operative Surgical Instructions

Dear Patient,

During the course of your treatment here at OrthoIllinois, you have elected to schedule a surgical procedure. 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 7-10 business days for the scheduler to contact you. If you have not been contacted within 7-10 business days, please call our office at 815-484-6906.
- 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 the Work Comp department at 815-398-9491.

History and Physical/Medial Clearance:

- All patients undergoing a surgical procedure must have medical clearance by a primary care physician or hospitalist. This must be done within 30 days of surgery therefore our surgery scheduler will make the necessary appointments for you.
- You may also require clearance from a specialist such as a Cardiologist or Pulmonologist if you have any associated conditions.

Precertification:

- As a courtesy, OrthoIllinois will pre-certify your surgical procedure with your insurance company if required. However, please contact your insurance company 48 hours prior to your surgery to verify they have all of the required information. Ultimately, the patient is responsible for payment if the insurance denies your payment.
- This cannot be done until we have scheduled a date for your surgery.

Pre-anesthesia Testing:

- The pre-anesthesia department will contact you closer to your date of surgery to review all of our medical history.
- They will determine if any additional testing is required prior to surgery, and if so will aid in coordinating your care.

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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:

- It is very important that all patient stop medications that thin or anti-coagulate the blood. These are medications such as Ibuprofen, Naproxen, Aleve, Advil, and all other anti-inflammatory medications (NSAID's). Please stop these medications 10-14 days prior to surgery.
- Mobic/Meloxicam is to be stopped 5-7 days prior to surgery.
- Medication such as Aspirin, Coumadin, Plavix, Trental, etc. must be stopped at the recommendation of the prescribing provider. We recommend that you consult your prescribing provider for specific instructions on stopping such medication prior to surgery.
- Stop all over the counter herbs, supplements, and vitamins 10-14 days prior to surgery.

Night before Surgery:

- Do not eat or drink anything after midnight the night before surgery unless otherwise specified by pre-anesthesia.
- Necessary medication may be taken with a sip of water the morning of surgery. Diabetic medications with varying doses should be taken as directed by the prescribing physician (unless otherwise specified by the pre-anesthesia team).

Shaving:

- If you are having surgery on an area you routinely shave, do not shave the operative area for one week prior to surgery.

Pain Medications:

- Pain medication 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 the 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 refills. It may take 24-48 hours to prepare the refill.

Gabby L, Clinical Lead for Dr. Brian Braaksma 815-398-9491

Denise, Surgery Scheduler for Dr. Brian Braaksma 815-484-6906