

Pre-Operative Surgical Instructions

Thank you for choosing OrthoIllinois for your surgical care.

As a courtesy, OrthoIllinois will call your insurance to make sure you are being scheduled at the correct facility. We also pre-authorize your procedure with your insurance company, if necessary (this is done approximately one week prior to surgery).

Appointments

After your surgery is scheduled, our surgery scheduler will contact you regarding the appointments that need to be completed prior to your surgery. This includes a preoperative physical exam, blood work and an EKG. These appointments must be within 30 days of the planned procedure and will be scheduled by our office. If you see any specialists, such as a cardiologist or pulmonologist, you will also need clearance from them prior to surgery. Please bring a complete list of medications you are taking to these appointments.

Medications:

It is very important that you stop medications that thin your blood 2 weeks prior to surgery. These are medications such as Ibuprofen (Advil or Motrin), Naproxen (Aleve), and Nabumetone (Reliefan). Medication such as Aspirin, Coumadin, and Plavix require special arrangements for discontinuing. We recommend that you consult your prescribing physician for specific instructions on stopping such medication prior to surgery. Please stop all vitamins and herbal supplements (including teas) 2 weeks prior to surgery.

Admitting/Night before Surgery:

You will be admitted to the hospital the morning of your surgery, you cannot have anything to eat or drink (including gum) after midnight the night before surgery EXCEPT necessary medications that should be taken with a sip of water the morning of surgery. Diabetic medications require special dosing which should be provided by your primary care physician.

Surgical site:

Do not shave your operative leg for one week prior to surgery. If you have insect bites, rashes or acne on the operative site, your surgery may be canceled.

Pain Medication Refills:

If you need a refill of your pain medication, we ask that you call our office. Federal regulations require the prescription to be picked up in our office and hand-carried to the pharmacy. Due to the availability of your physician, please allow 3 days for your refill request to be filled. Pain medication refill requests must be received by our office Monday through Thursday between 8:00am and 3:00pm. NO prescription refills will be issued on weekdays after 3:00pm or on weekends.

Please contact your physician's Clinical Lead if you have questions.

Amy W, Clinical Lead for Dr. Mark Barba - 815-398-9491