

Pre-Operative Surgical Instructions

Dear Patient,

During the course of your treatment here at Orthollinois, 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 **815-398-9491**.
- 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.
 - Surgery date _____
 - Place of Surgery _____

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.
 - o H&P Appointment date & time _____

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 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 aide in coordinating your care.
 - OSF St. Anthony Hospital: 815-395-5444
 - Swedish American Hospital: 779-696-4013
 - Orthollinois Surgery Center: 815-381-7400

Medications:

- It is very important that all patients STOP medications that thin or anti-coagulate the blood 7-10 days prior to surgery. These are medications such as Ibuprofen, Naproxen, Aleve, Advil, and all other anti-inflammatory medications (NSAID's).
- Mobic/Meloxicam is to be stopped 7-10 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).

FMLA/Short Term Disability:

- Once you have a surgery date, please notify your employer.
- If you need paperwork filled out, please have it faxed to our office at 815-381-7498 or you can drop it off at the front desk.
 - o If you fax paperwork to our office, please make sure you have a signed release form so that our office can send your paperwork.
- Your paperwork will be filled out and completed in 7-10 business days from the day it is received in the office.

Pain Medications:

- Pain medication refills after surgery will ONLY be filled Tuesdays and Fridays, 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.

Please contact our office with any questions
Gabby, Clinical Lead for Dr. Pflederer 815-398-9491
Emily, Surgery Scheduler for Dr. Pflederer 815-398-9491

**Getting Your Skin Ready for Surgery with Hibiclens®
(5 Days Prior to Surgery)**

1. Shower or bath like usual. Do not shave.
2. Turn off or step out of the stream of water.
3. Wet the clean washcloth
 - a. **Do not apply the soap directly to your face, head, or genital area.**
 - b. Apply Hibiclens® soap to the washcloth and wash from neck to toes.
 - c. Repeat

4. Wait 60 seconds and then rinse your skin. Do not scrub. **Minimal contact to genital area during rinsing is fine.**
5. Blot the skin dry with a clean towel.
6. Do not use lotions, creams, powder, perfume or makeup after the shower or bath.
7. After the night shower- use clean pajamas and clean sheets. **You will do this for 5 days prior to surgery and the morning of surgery.**

Special considerations:

- ⚠ Do not use if you are allergic to chlorhexidine gluconate
- ⚠ If you notice a rash, redness, or itching after using Hibiclens®. Do not use it again. When you arrive for surgery, tell your health care team about your reaction.
- ⚠ If you have an ostomy, do not use Hibiclens® soap on the skin under your pouching system.