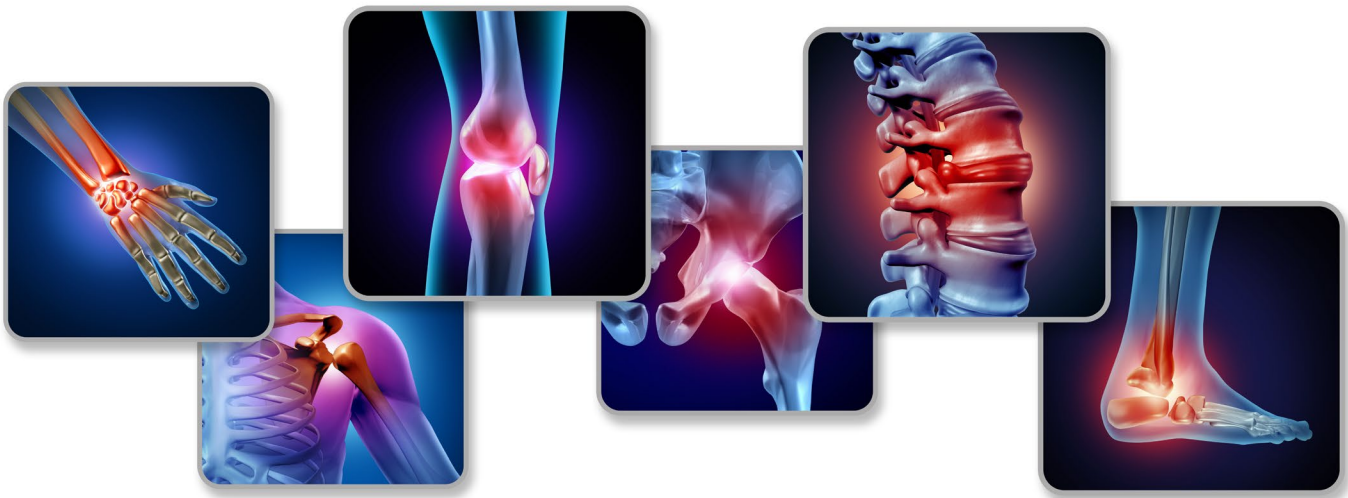


Advanced Orthopedic & Spine Care



# ORTHOPEDIC SURGERY

Scheduled For: \_\_\_\_\_

Daniel Troy, M.D.  
Paul Danielsky, M.D.  
Dana Berns, D.P.M.  
Khaled Almansoori, M.D.



## MEDICATIONS TO DISCONTINUE PRIOR TO SURGERY

◆Please do not take any diabetic medication the day of surgery◆

Please do not take any of the following medications for at least 5-7 days prior to surgery:

### **Nonsteroidal anti-inflammatory drugs (NSAIDs) – stop 5 days prior**

Advil, Aleve, Anaprox, Ansaid, Arthrotec, Bextra, Celebrex, Daypro, Diclofenac, Ibuprofen, Indocin, Ketoprofen, Lodine, Mobic, Naprosyn, Naproxen, Toradol, Relafen, Vicoprofen, Vioxx, Voltaren and Vimovo

### **Herbals and dietary supplements**

Fish oil, Ginkgo Biloba, Garlic, Ginseng, Vitamin E, St. John's wart, other herbal medications

### **Medications containing aspirin**

Alka-Seltzer, Anacin, Aspirin, Bayer arthritis, Bufferin, Darvon compound, Ecotrin, Excedrin, Fiorinal, Pepto-Bismol and Percodan

### **Anticoagulation and Antithrombotics**

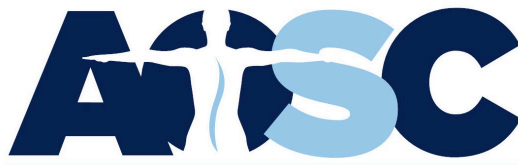
**You will need to consult your primary or specialty physician regarding plans for stopping these medications.**

Aggrenox, Aspirin, Coumadin, Ecotrin, Eliquis, Fragmin, Halfprin, Heparin, Lovenox, Orgaran, Persantine, Plavix and Ticlid

If you are having cervical, thoracic, or lumbar spinal fusion surgery, your surgeon will let you know when it is ok to resume taking NSAIDs. Please inform surgery schedulers or surgeon if you have been taking chronic steroids or anti-inflammatories.

### **The following medications may be taken prior to surgery**

Acetaminophen, Darvocet, Darvon, Dilaudid, Duragesic, Fioricet, Lorcet, Lortab, MS Contin, MSIR, OxyContin, Percocet, Roxanol, Tylenol with Codeine, Tylenol and Hydrocodone



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## PRE-OP CHECKLIST

- Ensure office has current/active insurance cards
- Provide AOSC with current primary care physician information Provide AOSC with any treating specialist information (example Cardiologist, Hematologist, Pulmonologist)
- Provide AOSC with a current and accurate medication list
- Contact surgery scheduling if you have not received a phone call to schedule your procedure within 48 business hours after seeing the doctor
- Do not schedule any appointments for clearances with your primary care physician until your procedure is scheduled. All clearance is valid for 30 days.
- Complete all requested pre-surgical testing (valid for 30 days)
- Complete all possible additional imaging requested by your surgeon. Follow up post imaging if required.
- Obtain all Pre- surgical items and or information pertaining to your procedure from AOSC.
- After your procedure is scheduled, you will be responsible to schedule appointments with all specialists and your primary care doctor. Failure to do so may result in surgery being canceled.
- Contact your insurance company to ensure both the doctor and the chosen facility are in network.
- Schedule appointment with your dentist if you are having a total joint replacement ask your scheduler for clarification
- If you are scheduled at Christ hospital you may be required to attend the surgical optimization clinic
- Turn in all FMLA forms and allow 14 business days for completion fees may apply
- Please be aware all surgery dates that are provided are tentative, it is your responsibility as the patient to know what your insurance deductible, out of pocket payment and co-pays are. Remainders or deposits may be asked to be collected prior to surgery to avoid financial hardships. Upon scheduling the procedure, AOSC surgery scheduling will contact you and explain individually what you are responsible for. These fees are not negotiable for elective procedures.

## Second Opinions

Uncertainty about surgery or a major medical procedure can drive the decision to seek a second opinion. It is important to have confidence in the diagnosis, and to get the most current information about treatment options available to you. A second opinion with a qualified specialist allows you to approach your treatment decisions with the necessary confidence to help you make the best choice for you.

### Before your appointment

If you are seeking a second opinion, here are some considerations to keep in mind when preparing for your appointment:

- Contact your healthcare plan about obtaining a second opinion. Most health insurance plans will pay for a second opinion, but it is best to check beforehand. In some cases, if you do not get a second opinion for a procedure, you may have to pay a higher percentage of the cost.
- Be honest and straightforward with your current physician. Ask for your medical records so you can share them with the specialist providing the second opinion by law, your physician must give these to you; however, you may have to pay for copies.
- Consult with a specialist who has at least the same level of expertise as your current healthcare provider.
- Research your condition and treatment options so that you arrive as well-informed as possible. This will make it easier for you to effectively discuss your healthcare situation.
- Make sure the specialist has received your medical records, including test results - prior to your appointment - or bring your records with you to your appointment.
- Sometimes two heads are better than one. Consider bringing a friend or family member to listen, take notes and to also ask questions.



## Narcotic Disclosure

### STARTING IMMEDIATELY

THE ACADEMY OF ORTHOPEDICS HAS ADVISED US THAT WE CAN NO LONGER PRESCRIBE PAIN MEDICATIONS/NARCOTICS MORE THAN 2 MONTHS.

IF YOU REQUIRE MORE THAN 2 MONTHS OF MEDICATIONS, YOU WILL BE REFERRED TO A PAIN MANAGEMENT DOCTOR.

### ALSO PLEASE NOTE THE FOLLOWING:

WE ARE ONLY ABLE TO PRESCRIBE 7-10 DAYS OF NARCOTICS/PAIN MEDICATIONS AT A TIME

NO REFILLS WILL BE GIVEN ON EVENINGS, HOLIDAYS AND WEEKENDS

NO EXCEPTIONS



## FAQS Pre/ Post- Operative

**I have FMLA/ Disability forms that need to be completed for my employer what do I do?** We charge \$30.00 Dollars for FMLA forms to be completed. This is due at the time of drop off. FMLA /disability forms will not be accepted by fax originals must be dropped off in either location. Please allow 14 business days for these forms to be completed.

**Will I need a ride to/from my procedure?** Yes, you will require a driver for your scheduled procedure.

**How will I obtain my prescriptions and how long should I allow for a refill?** Prescriptions will be electronically sent to the pharmacy that you provided to the office staff upon registration. Narcotic medications will have limited refills post-surgery. Please allow 2-3 business days for refills on medications.

**The office contacted me for a Pre- op appointment what is that, I have already seen the doctor?** A pre-operative appointment is scheduled with one of our nursing staff members. This is for all bracing or other durable medical equipment to be obtained. The doctor will also ensure that all necessary prescriptions are provided on appointment.

**If you have any swelling of your surgical site, call your surgeon's office, or go to the ER.** We stress that you rest, ice, and elevate your extremity above your heart to reduce swelling. If you begin to have increased pain, redness, drainage, or rash please call the office immediately. Please call the office before removing any dressing that you were not instructed to remove.

**When can I shower?** Please do not shower post operatively, bed baths are acceptable until otherwise directed by your surgeon. Be sure to not submerge your incision your incision or dressing in water of any kind until instructed by your surgeon.

**When can I drive?** Your physician will instruct when you are released to operate a motor vehicle. Please be advised you are not able to operate a vehicle When under the influence of narcotic medications. Also, if you are requesting a temporary handicap placard this must be done in a timely fashion and will only be provided under the discretion of the physician

**If already on a blood thinner prior to surgery,** check with prescribing medical doctor when to stop before surgical procedure.

**If placed on a blood thinner after surgery by orthopedic surgeon,** you will be instructed when to stop medication.



**When will my sutures or staples be removed?** Sutures or staple removal is a scheduled post-operative visit. This visit should be scheduled at the time of your procedure for about 10-14 days post-operative. If you have an appointment scheduled sooner than 10-14 days, it will be too soon to have these removed.

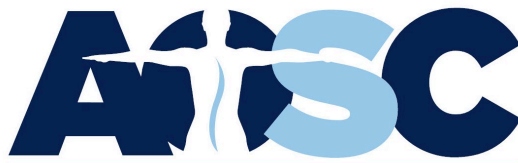
**When should I remove my dressings?** If you had an aquacel dressing placed do not remove until post operatively on day 3, then replace with a clean and dry dressing. If you had a dry dressing placed post-surgery, you will typically change this dressing post operatively on day 3 and then complete daily dressing changes thereafter.

**When should I contact my doctor vs when should I go to the ER?**

Please contact the office if you are experiencing the following: allergic reaction or rash, abnormal discharge from the surgical site, increased amounts of pain or no relief of pain with use of prescribed medication or if you are having any issues with a brace that was dispensed to you. If you begin to have any type of irritation or cast/dressing issues, please call the office immediately.

Please go to the nearest ER if you are experiencing the following: redness, uncontrolled swelling, pain in the calf and warmth. If you have a fever above 101.5-degrees Fahrenheit, excessive bleeding, foul odors or if your incision has opened. If you begin to have chest pains or shortness of breath.

**If what you are experiencing is not listed above, please contact the office so our clinical staff can further direct you at 708-599-5000. If after hours, please page the on-call provider.**



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## Optimize Your Recovery

### *Prevent Constipation*

Anesthesia and narcotic pain medications, as well as bed rest, tend to slow down the natural movements of the bowel and can lead to constipation. Very rarely this goes on to become a serious complication; more often it is just very uncomfortable. **However, constipation is one of the primary reasons for re-hospitalization following joint replacement surgery.**

### **HAVE THESE SYMPTOMS? CALL YOUR PRIMARY CARE PHYSICIAN**

- Sudden decrease in or absence of bowel movements.
- Bloating or increased gas.
- Abdominal or rectal pain.
- Feeling full after bowel movements.
- Need to strain during bowel movements.

### **WHAT I CAN DO**

- Drink at least 8 cups (64 oz.) of water a day unless you are on a water restricted diet due to kidney failure or other medical issues.
- Eat at least 5 servings of fruits and vegetables/day.
- Increase the fiber in your diet (especially prunes, prune juice, pears, and apples including skin).

### *Prevent Infection*

The risk of postoperative infection after total joint surgery is less than 2%. This can occur in the postoperative phase as early as 5 to 7 days or as late as many years after surgery. Patients with rheumatoid arthritis or illnesses such as diabetes and congestive heart failure have a slightly higher risk of infection. The occurrence of an infection in your joint replacement can result in the temporary or permanent removal of the artificial joint components, prolonged IV antibiotics and/or the use of crutches or a walker for an indefinite period.



## **WHAT I CAN DO**

- Take your antibiotics, if prescribed by your physician, exactly as directed. If you miss a dose, take it as soon as you realize it. It may be helpful to set an alarm to remember to take your medications. It is also important to take these medications with food, as they may upset your stomach.
- Do not sit in any kind of standing water (tub, hot tub, swimming pool) until the incision and staple sites are completely healed and your physician, nurse or therapist has confirmed this.
- Avoid being around anyone with an upper respiratory disease (cold, cough, flu) for at least a week prior to your surgery and until your incision is completely healed.

### *Manage Swelling*

Some swelling following joint replacement surgery is expected, but excessive swelling often leads to increased pain, poor range of motion, delayed healing, increased risk of infection, delay in returning to daily activities, and may even lead to increased scar tissue formation in the joint.

## **WHAT I CAN DO**

- Elevate and Position

The following principles should be kept in mind when elevating and positioning:

1. Elevate the surgical (or both) legs several times throughout the day.
2. Provide support to the entire surgical leg.
3. The knee should be kept as straight as possible.
4. The entire leg should be higher than the heart.
5. Frequently pump ankles (10-20 pumps/waking hour).
6. Ice may be applied in this position.

Ice can be applied by:

- Ice pack
- Gel pack
- Large package of frozen vegetables
- Commercial cooling device

The following principles should be kept in mind when using **any** form of icing:

1. Ensure there is a clean barrier between the skin and the ice pack. This can be a pillowcase, thin towel, or a thicker towel if you are especially sensitive to cold.
2. Check the skin frequently for any signs of over-cooling (blistering, excessive redness).
3. Do not use any type of cold pack over an area of decreased sensation or numbness.
4. Use a general cycle of cold pack for 20 minutes, remove, no cold for 1-2 hours, then repeat the cycle.
5. Never use heat on a surgical area for the first 2-3 weeks, especially if you have metal staples or moderate to severe swelling. After this period, consult your physician or therapist before applying heat to the surgical area.

### *Prevent Blood Clots*

When a blood vessel is injured, the cells of your blood bond together to form a blood clot. The blood clot helps you stop bleeding. Blood clots are good when they help seal a cut to stop bleeding. But sometimes, a blood clot can form when it is not needed. Some of the things that increase your risk of having an unwanted blood clot are:

- Personal or family history of DVT or pulmonary embolism
- Decreased mobility or bed rest
- Smoking
  
- Obesity
- History of stroke or cancer
- Diagnosis of congestive heart failure

Having a joint replacement surgery can affect normal blood flow and clotting, which can put you at higher risk. A blood clot that forms in a major vein deep inside the body is called a "deep vein thrombosis," or DVT. Most DVTs occur in the blood vessels of the lower legs or thighs. A blood clot that forms in or travels to your lungs is called a pulmonary embolus, or PE. This condition can be serious and can lead to death.

## WHAT I CAN DO

- Inform your surgeon if you have a history of blood clots.
- If ordered by your physician, take your blood thinners (Coumadin, Lovenox or aspirin) exactly as directed. Let your AOSC clinician know if you are unable to purchase any of your prescribed medications.
- Wear compression stockings (TED hose) if ordered by your physician until directed to discontinue.
- Pump your ankles at least 10 times every waking hour.
- Ambulate frequently with assistance as needed.

### *Schedule and Keep Physician Appointments*

Your physician has ordered home care to supplement, not replace, medical care. Your therapist and nurse will keep your physician informed generally of your progress, but your physician will want to see you at prescribed times following your surgery.

### *Move! Walk Every Waking Hour and Change Positions Every 30 Minutes.*

Were you up and moving on the day you had surgery? You may have been, because research shows that patients who begin ambulation on the day of surgery show shorter hospital length of stays and better pain control.

Benefits of early and continued frequent ambulation postoperatively:

1. Fewer complications, including pneumonia, blood clots and constipation.
2. Decreased pain.
3. Decreased stiffness in the joint and the rest of the body.
4. Increased strength.
5. Increased comfort and satisfaction.
6. Decreased overall cost of recovery due to fewer complications.

**Do not Overdo It.** Joint replacement takes a toll on the body. You cannot expect to fully resume your preoperative schedule within a week or two after surgery. Healing takes time. The damage to your joint happened over time; recovery and healing will take time as well. Pain, swelling, and over-activity are all related. Talk to your therapist about how you can balance activity and rest to help you best recover.

### **Do My Exercises**

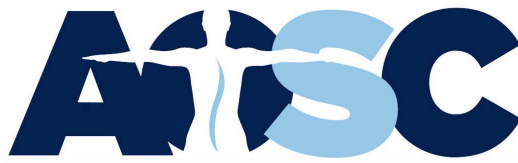
Safety First. Never exercise holding on to an object which may move such as a chair. Always use the side of something stable like a bench or solid table unless otherwise instructed. If illness stops you from maintaining the exercise program, contact your physician or AOSC clinician before starting again.



## POST SURGICAL CHECKLIST

- Upon discharge from the hospital or surgery center ensure to follow all discharge instructions
- Contact AOSC if any complications post-surgery immediately
- Ensure post-operative appointment is scheduled within 7-10 days post procedure (this may vary by surgeon)
- Ensure Physical therapy appointment is scheduled and began in a timely fashion as directed by your Surgeon
- Contact the office with any issue regarding braces post-surgery immediately
- File extensions for FMLA/disability as needed again allow time for completion of all forms.
- Return Post-operative follow up call from AOSC nurse, even if you have an upcoming appointment.
- Continue Anticoagulants until directed to discontinue
- Request refills on medications in a timely manner to avoid delays
- Report any uncontrolled pain, or delay in progression in therapy to have treatment plans adjusted or changed.
- Please make a follow up appointment with your Primary care physician five days after surgery.
- If have difficulty mobilizing as directed, please contact your primary care physician and AOSC.


**Notes**



Advanced Orthopedic & Spine Care

**WHO WE ARE:**

At Advanced Orthopedic and Spine Care, our doctors and staff are committed to providing the highest quality of orthopedic care. In addition to compassionately treating our patients' immediate health care needs, we strive to incorporate preventive measures within each of our treatment plans. From the moment you enter our facility, you can expect to be treated like family.

Respectfully serving our patients in an efficient and comprehensive manner, AOSC provides university level care right in your own backyard. We are pleased to welcome you as a patient. If you have any questions, always feel free to contact our office. Our friendly and helpful staff will be happy to assist you.

**Locations & Contact Information:**

*OAK LAWN*

6701 West 95th Street  
Oak Lawn, IL 60453

**PHONE:** (708) 599-5000 **Option 3** for surgery scheduling  
**FAX:** (708) 599-0802

*TINLEY PARK*

16255 South Harlem Avenue  
Tinley Park, IL 60477

Michael Schrader, LPN

**Direct Line:** (708) 998-3306,

**Cell Phone:** (708) 609-0264 *(Please only use for Emergency)*