



www.midwestbonejoint.com
855-MBJ-BONE



James R. Seeds, MD
 Board Certified in Orthopedic Surgery
 Board Certified in Sports Medicine & Arthroscopy
 Fellowship Trained in Sports Medicine & Arthroscopy

PRE-OPERATIVE INSTRUCTIONS

*When it comes to your surgery, **safety is our number one concern.** Always follow the advice of your doctors and medical professionals.*

Questions About Your Surgery

If you have questions about your surgery, please call the following numbers and ask for **Katy** or **Melissa** or send an email to kkonieczski@midwestbonejoint.com or macedo@midwestbonejoint.com

Monday/Wednesday/Friday
 Barrington: (847) 382-6766

Tuesday
 Algonquin: (847) 854-8590

Thursday Morning
 Algonquin: (847) 854-8590

Thursday Afternoon
 Elgin (Royal Blvd.): 847-931-5300

Illness Prior To Surgery

If you get sick prior to surgery (stomach bug, upper respiratory infection, sore throat, etc.), please call the office where you scheduled your surgery. The phone numbers and contact information are listed above. You may need to see your medical doctor to be examined. If you have an infection, we do not want to risk having it travel to the surgical site. Your lungs need to be clear, regardless of the type of anesthesia you will have: local, regional or general.

Pre-Operative Medical Clearance

If you are over age 50 and/or have medical issues, you may be required to undergo a medical clearance prior to

surgery. This is usually performed at your medical doctor's office. If you do not have a medical doctor, our office can recommend a physician. Special clearances may be required from other physicians such as a pulmonologist, cardiologist, etc. prior to surgery. Your doctor(s) should forward the medical clearance to our surgery scheduler.

Medications To STOP Prior To Surgery

STOP taking the following medications/supplements SEVEN DAYS before surgery. These products can affect the way your blood clots and could increase bleeding during and after surgery. Many supplements (vitamins/herbs) can react with other medications, prolong clotting time, and increase the effect of anesthesia.

- Aspirin
- Aleve
- Celebrex
- Advil
- Mobic
- Indocin
- Ibuprophen
- Relafen
- Vitamins & Herbal Supplements
- Motrin
- Naprosyn

You MAY take Tylenol up until the day before surgery as needed for pain.

Blood-Thinning Medications

If you are on Coumadin (Warfarin), Plavix (Clopidogrel Bisulfate), Lovanox (Enoxaparin), Aspirin or Ecotrin therapy, talk to your primary care doctor about stopping your medication before surgery.

Day & Night Prior To Surgery

When To Arrive At The Hospital Or Surgery Center

The hospital or surgery center will tell you the time of your surgery. Normally, you will be asked to arrive two hours in advance. If you have not heard anything regarding the time to arrive by 3:00 p.m. (the day before surgery), call the hospital or surgery center and ask to speak with the pre-op nurse. Below are the phone numbers to call:

Algonquin Road Surgery Center: (847) 960-1050

Advocate Good Shepherd Hospital: (847) 842-3738
Advocate Sherman Hospital: (224) 783-8782
Provena Saint Joseph Hospital: (847) 931-5539

Food/Drink/Medication

Do NOT eat or drink anything after midnight. You may take medications (approved by the hospital or surgery center) the morning of surgery with a sip of water.

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Ride Home

Please arrange for a ride home from the hospital. **Patients undergoing anesthesia CANNOT drive themselves home after surgery.**

Grooming

Remove all finger and toenail polish prior to surgery so the circulation in your extremities can be monitored.

Surgical Site Marking

Do NOT mark the surgical site yourself prior to surgery. Dr. Seeds will mark the site the day of surgery. Also, do not mark the other side (e.g. non-surgical shoulder) as this may cause confusion.

Pain Medications

If you were given a prescription for pain medications, please fill your prescription and bring it with you to surgery.

Day of Surgery

Food & Liquids

The most important thing to remember is: **DO NOT EAT OR DRINK ANYTHING ON THE DAY OF YOUR SURGERY.** Specifically, do not eat or drink after midnight the night before the surgery. You may brush your teeth, just try not to swallow any water. If you do eat or drink, your surgery will need to be cancelled and rescheduled.

Medication

If your primary doctor has advised you to take specific medication the day of surgery, drink only enough water to comfortably swallow the pills. If you are staying overnight at the hospital and you have been directed to continue taking a certain medication, remember to pack your medication.

What To Wear & Pack For Surgery

If you typically wear contacts, wear glasses on the day of the surgery.

Bring any necessary and approved medications.

Do not bring valuables, including jewelry, and large amounts of money with you to the hospital.

Wear comfortable clothing. Sweatpants/loose fitting pants and comfortable sturdy or running shoes are recommended for knee surgery. A button down shirt or zip up sweatshirt that will easily fit over a bulky dressing is suggested for shoulder surgery.

If you were given a special sling, brace, boot, or assistive walking device such as crutches or walker prior to surgery, please bring it with you on the day of surgery.

At the hospital or surgery center, you will be prepared for surgery in the pre-op area. During this time, you will meet with the anesthesiologist. He/she will discuss with you the options for anesthesia and help you decide the type best for you.

After surgery, you will be taken to the recovery area. You will be in recovery for approximately 1-2 hours as your anesthesia and vital signs are monitored. If you are not spending the night, you will be discharged from the recovery room.

You will receive postoperative instructions after your surgery. In general, if your fingers are free, we advise that you move them each hour to prevent stiffness during the postoperative period. If you had shoulder or knee surgery, please make sure you adhere to your instructions as to whether you should remove the sling or brace to start motion before your first appointment or whether you are not allowed any early motion.

Post-Surgery Appointment With Dr. Seeds

You will have an appointment with Dr. Seeds between 3 and 14 days **AFTER** surgery to have your dressing changed. This visit may be scheduled prior to surgery, or we may ask that you schedule it after surgery. Understanding your surgical procedure and what to expect after surgery paired with completing your physical therapy will all help ensure a successful recovery.

Physical Therapy Appointment After Surgery

Most surgeries require therapy. Specific therapy instructions will be provided for your therapist after surgery. Achieving full range of motion, strength and flexibility following surgery takes time. Understanding your surgical procedure, what to expect after surgery, and completing your physical therapy, all help ensure a successful recovery.

Canceling Your Surgery

If you need to cancel your surgery for any reason, please notify the office where you scheduled your procedure **AS SOON AS POSSIBLE.** If you need to cancel surgery after hours, you may leave a message with our answering service. The appropriate numbers to call are listed under the heading "Questions About Your Surgery."



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