

Pre-Operative Surgery Instructions

PREOPERATIVE INSTRUCTIONS

Schedule surgery with Dr. Alpert's assistant in the doctor's office.

Within one month before surgery:

- * Wash the surgical area well. Be careful of the skin to avoid sunburn, poison ivy, etc.
- * Any patient over 50, or any patient who has pre-existing medical conditions (such as high blood pressure, diabetes, etc.) will need medical clearance from their primary MD.

Please make an appointment for a **preoperative office** visit regarding medical clearance for surgery with your primary care MD. A history, physical examination and lab work will be done to medically clear you for surgery.

In most instances a Chest X-ray and an Electrocardiogram (EKG) will be done as well several days before surgery.

**Patients under 50 who have no pre-existing medical conditions generally do not need to see their primary MD or get pre-operative testing.

The day before surgery

* The Surgical Day Care Unit should call you to confirm the time of your surgery. Plan to be at the surgical facility at least 1-2 hours before your surgical start time.

****NOTHING TO EAT OR DRINK AFTER MIDNIGHT.***

****THE DAY OF SURGERY NOTHING TO EAT OR DRINK.***

If you have any questions:

Contact our office at 847-931-5300 and ask for Nikki (npetty@midwestbonejoint.com) from our Elgin office or Katy (kkonieczski@midwestbonejoint.com) from our Barrington office.