
Pre-Operative Surgical Instructions

Dear Patient,

Thank you for choosing Orthollinois for your surgical care. 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:

- Our surgery scheduler, Denise, 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 815-484-6906.

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.

History and Physical/Medial Clearance:

- You will need to have your primary care physician perform a pre-operative history and physical exam, blood work, and possibly an EKG, Chest or Spine xray (per anesthesiologist requirements).
- You may also require clearance from a specialist such as cardiology, pulmonology, or hematologist if you have any associated conditions.
- The history and physical appointment and lab work appointment, must be within 30 days of the planned procedure and will be scheduled by our office.

Medications:

- It is very important that all patient stop medications that thin or anti-coagulate the blood. These are medications such as Vitamin E, Ibuprofen (Advil, Motrin), Naproxen (Aleve), Nabumetone (Relafen) and all other anti-inflammatory medications which can affect blood clotting. Please stop these medications 14 days prior to surgery.
- Medication such as Aspirin, Coumadin, Plavix, Trental, Xarelto, etc. must be stopped. However, special arrangements may be required. We recommend that you consult the prescribing physician for specific instructions on stopping such medication prior to surgery.
- Stop all vitamins and herbal supplements, including teas and fish oil.
- Supplements to begin 2 weeks prior to surgery, and to continue 4 weeks after surgery:
 - Iron 65mg (Ferrous Sulfate 325mg) by mouth; once a day, every other day
 - Vitamin C 500mg by mouth; twice a day
 - Together these will help decrease your need for a transfusion post-operatively

Night before Surgery:

- Regardless of scheduled surgery time, we ask that you are prepared for a possible surgery time change.

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- Nothing to eat or drink (including gum) after 11:00pm the night before surgery unless otherwise specified. Medication may be taken with a sip of water the morning of surgery. Diabetic medications requires special dosing with should be provided by your primary care physician.

Surgical site:

- Do not shave your operative leg starting one week prior to surgery.
- If you have insect bites, rashes or acne on the operative site, your surgery may be canceled due to increased risk of infection. This is at the surgeon's discretion the morning of your procedure.
- Starting 3 days prior to surgery, use Hibiclens wash. This can be found over the counter at any local pharmacy. You will apply the Hibiclens to the entire surgical leg, including the foot. Apply the Hibiclens to the dry surgical leg, like you would a lotion, let it dry, then once it has dried, rinse off in the shower, and shower as normal.
- **Patient's having outpatient surgery at the Orthollinois, disregard the Hibiclens wash, the surgery center, or the clinic at your pre-operative appointment, will be giving you Chlorhexidine wipes. Patient's having surgery at OSF St. Anthony will receive Chlorhexidine wipes at the Joint Educations class at the hospital (If you defer the class, please use the Hibiclens wash as directed above).

Pain Medications:

- You will receive your post-operative medications and instructions at your pre-operative appointment.
- Pain medicine prescription refills after surgery will ONLY be filled Monday-Friday, 8 am-3 pm. No prescription will be issued on weekends or after 3 pm on weekdays.
- Please call in advance to request a medication refill. Due to availability of your physician, it may take up to 48 hours to prepare the refill.

Important Miscellaneous Information

- No dental work for 2 weeks before surgery **AND** for 3 months after surgery. You are not required to take an antibiotic prior to routine dental cleanings, however, for any dental procedures it is recommended. Our office will be happy to call in a prescription for you upon request. An antibiotic is also recommended prior to any invasive procedure, such as colonoscopy or biopsy, for a lifetime.
- No flu shots for 2 weeks before or 6 weeks after surgery
- Any travel by air or long car rides prior to 3 months after surgery will require clearance and anticoagulation medication by Dr. Antonacci

Kourtney M, LPN
Clinical Lead for Dr. Victor Antonacci
815-398-9491

Denise B.
Surgery Scheduler for Dr. Victor Antonacci
815-484-6906