

Surgery Confirmation for ___/___/___

- ☐ Rush Surgicenter 312-563-2880 1725 W. Harrison, 3rd Elevator, Ste 556, Chicago *Valet Park
- ☐ Oak Park Hospital 708-660-4800 520 S. Maple Ave., Oak Park, IL 60304

- The hospital will call you in the afternoon the day before surgery with the time that you should arrive, directions to the facility, and other last minute instructions. **THE TIME OF THE SURGERY IS NOT DETERMINED BEFORE THEN.** If you do not receive a call from the hospital by 5pm the day before your surgery, please phone them directly at the number listed above.

Before Surgery:

- If you are 40 years of age or older or have any significant medical problems, you will be given a prescription for pre-operative testing and must arrange to have tests done at least 2 weeks before surgery at your medical doctor's office or an outpatient laboratory. If you are under the age of 40 and have no other medical problems, you do not need to undergo pre-operative testing. Please be certain that the results are faxed to Dr. Cole at 708-492-5352 **at least one week prior to your surgery date.** If the results are not received in a timely manner, your surgery may be postponed.
- Compile a list of all medications you are currently taking and a list of any questions for Dr. Cole and/or the anesthesiologist.
- **Discontinue taking any aspirin or aspirin-like products (i.e. Advil, Motrin, Ibuprofen, Aleve) TWO weeks prior to surgery.** If taking Asprin 81mg, please discontinue 5-7 days prior to surgery. You may continue taking Celebrex right up to the day before surgery. Tylenol is also acceptable.
- If your surgery requires post-operative equipment such as crutches, braces, and icing or motion machines, our office will order these products for you. They will either be delivered to your home or directly to the operating room. If you have an HMO, please follow-up with Dr. Cole's office. You may need to order your own equipment through your primary care doctor with the prescriptions provided by Dr. Cole. Please do this immediately upon scheduling surgery.
- If you have any questions prior to surgery about the procedure and/or recovery, please email Kyle Pilz (kpilz@rushortho.com) or Natalie Podboy (npodboy@rushortho.com), Dr. Cole's Physician Assistants. Additional information can also be found on **Dr. Cole's websites:** www.cartilagedoc.org or www.myshoulderelbow.org.
- **Please arrange for someone to drive you to and from the hospital for your surgery.**
****SOMEONE MUST BE PRESENT DURING THE ENTIRE TIME OF SURGERY.**
- **No eating or drinking after midnight the night before surgery.**

Day of Surgery:

- Remember—No breakfast or drinks in the morning!
- Take all prescription medicines the morning of surgery with only a sip of water, unless otherwise instructed by your medical doctor.
- Bring your lists of medications and questions.
- **Bring all braces, crutches, and icing machines that may have been delivered to your house pre-operatively.** Motion machines may be left at home.
- Your driver should accompany you at the time of check-in or be able to be reached by phone.

After Surgery:

- Following surgery, you will be in the recovery room for approximately 1 hour before transfer to the holding area. The family will be contacted by nursing personnel when you are in the holding area.
- Following discharge you may be transported by wheelchair to out-patient physical therapy to review crutch-walking and exercises to be performed at home prior to starting formal physical therapy.
- Someone from Dr. Cole's office will contact you a day or two following your surgery. At this time you will be able to schedule your post-op exam with Dr. Cole's PA's approximately 10-14 days after surgery on a Tuesday (Oak Park Hospital) or Friday (Rush). If you have any questions following your surgery, please email Kyle or Natalie directly at kpilz@rushortho.com or npodboy@rushortho.com or call 312-432-2363.
- Review your post-operative instructions for specific questions regarding wound care, medications, activity, exercises, brace usage, ice therapy, follow-up care, emergencies, or any other concerns. If you have lost these instructions, please reference our web site (www.cartilagedoc.org or www.myshoulderelbow.org) where they can be found under the "Postoperative Instructions" icon on the left.