

The Center for Athletic Medicine's Pre and Post-Operative Instructions

Two Weeks Prior to Your Surgery Date...

- **ALL** patients are required a pre-operative History and Physical (H&P) approximately 7-14 days prior to their surgery
 - This should be performed by your primary care physician. A specific H&P form must be filled out and faxed to our office at 773-248-4291. It would be helpful if you kept a copy for yourself.
 - If you do not have a primary care physician, we can arrange you're your H&P to be done by a physician at the hospital or one of our affiliates.

- **ALL** patients require preadmission blood testing approximately 7-14 days prior to surgery.
 - This should also be performed by your primary physician or one of our affiliates. Please make sure you have an order of the tests to be performed.

***** Please emphasize that the results are to be faxed to us no later than 3 working days prior to surgery *****

- Physical Therapy: Unless you are told otherwise, Physical Therapy begins the day after surgery. You will need to have an appointment set up with a physical therapy facility prior to your surgery. Dr. Wolin would prefer that you use the facility located in our office, due to his close proximity and trustworthiness of our therapists. However, it is highly understandable if you prefer to have therapy closer to your home. Dr. Wolin is very particular about the therapists and facilities he trusts, so please ask our office for a referral in your area.

- It is VERY IMPORTANT that you DISCONTINUE 10-14 days prior to surgery:
 - Aspirin
 - Non-steroidal anti-inflammatory medication (Advil, Aleve, Naprozyn, Motrin, etc)
 - Plavix
 - Blood thinners (Coumadin, Warfarin)

***** Please DO NOT discontinue any medications without consulting the prescribing physician first! Your primary care physician MUST decide when to**

*discontinue these medications preoperatively and MUST make recommendations when to resume after the surgery. ****

- It is VERY IMPORTANT that if you begin to develop a cold, fever, illness, or skin infection of any type prior to surgery, you notify the office IMMEDIATELY. Also notify the office if you develop a blister, abrasion, or lesion of any type in the area where the surgery will be performed. This may result in the postponement of your surgery to prevent post-operative infection. If you do not contact the office prior to surgery and it is discovered that you have an illness the day of surgery, anesthesia WILL CANCEL the surgery for your safety.

The Days Prior to Your Surgery Date...

- If you have any x-rays, MRI films, etc with you they must be returned to the office prior to your surgery date.
- If your surgery is at NOHC, the hospital will call at least a day before your surgery to let you know what time you should arrive at the hospital.
- If your surgery is at St. Joseph's Hospital, our office will let you know when you should arrive at the hospital.
- If your surgery is at NOHC and you do not receive a call or if you need to make arrangements for your ride, call the Same Day surgery department directly at 773-250-1030 and ask to speak to the RN in charge.

**** Please be prompt the day of surgery as delays in arrival times are costly to the hospital and flow of surgeries that day. ****

Cancellation Policy...

- ALL patients are required to give the Center for Athletic Medicine a 48 hour business day notice if surgery must be cancelled. Exceptions can be made if an emergency arises and has proper documentation. This is necessary for the hospital and surgeons to prepare for each surgery with regards to special equipment, staffing, etc.
- Please note if you cancel without a 48 hour notice, without a properly documented emergency you will be charged a \$1000 fee.

Surgery Day...

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY (Not even a glass of water or coffee the morning of surgery). Unless you have been advised to take medication the morning of surgery with a sip of water only (no other beverage) just enough to swallow the pill or medicine. This will result in the delay and possible cancellation of your surgery. You may brush your teeth on the morning of surgery and rinse as long as you do not swallow.
- If you are having knee or ankle surgery, wear loose fitting pants or shorts. If you are having elbow or shoulder surgery wear an oversized t-shirt or button down shirt to accommodate the dressing and arm sling.
- If you are having a knee or ankle surgery and have crutches please bring them to surgery.
- You will be given prescriptions prior to your release. These typically can include pain medicine, an anti-inflammatory medicine, physical therapy orders, and/or an order for a CPM Machine.

**** A Continuous Passive Motion (CPM) Machine is a device often used by Dr. Wolin to aid in the motion of your knee or shoulder, to prevent stiffness post-operatively. Not all surgery cases require them, so if you do not have an order for one it was deemed not necessary. If you have an order, a company will contact you the day of or after your surgery and will deliver it to your home. If the machine is not delivered please contact the office and we will contact the company. ****

Following Your Surgery...

- We will be calling you within a few days following your surgery to evaluate how you are feeling and to set up a suture removal time. This is usually done 10-14 days post-operatively depending on the surgery. The suture removal appointment and evaluation will be done with the Physician Assistant.
- Please contact the Physician Assistant or the office staff if you are experiencing fever (greater than 101 degrees F), chills, night sweats, or a possible wound infection in the days following surgery. It is not uncommon to experience a slight fever the day of surgery or the day after the procedure, but this should be resolved quickly. Please contact the office if the fever continues

Please do NOT hesitate to contact the office if you have any questions on the above mentioned items. PHONE – 773.248.4150 FAX – 773.248.4291

*WHY DOES THE CENTER FOR ATHLETIC MEDICINE
REQUEST PHYSICAL THERAPY SCREENS AT THE TIME
OF YOUR OFFICE VISIT?*

The purpose of the physical therapy screen is to ensure your therapy is on the right track.

During the screen our Physical Therapist and/or Athletic Trainer will assess your progress in conjunction to your primary therapist's notes and comments.

This is to ensure that the best quality of care is being given to you as Dr. Wolin's patient.

We believe that this screen will contribute to your care. There is a charge for this service, as are all your physical therapy sessions away from the Center for Athletic Medicine, Ltd.

If you choose not to have the physical therapy screen, please let the front desk personnel know before you get escorted back to our physical therapy department.

Sincerely,

The Center for Athletic Medicine, Ltd



Traveling to NOHC...

Driving Directions → NOHC is located on Chicago's North side at 4501 North Winchester Avenue, one block south of Wilson Avenue and one block east of Damen Ave.

From the North: Take Lake Shore Drive south to the Montrose Avenue Exit and proceed west about 2 miles to Damen Avenue. Turn right (north) onto Damen and proceed 2 blocks to Sunnyside. The main entrance will be 1 block on your right (east)

From the North/West (O'Hare Airport): Take I-90/94 toward Chicago. Proceed south on I-90/94, exit onto Irving Park Road. Turn left (east) and continue on Irving Park Road for 2.7 miles to Damen Avenue. Turn left (north) and continue on Damen Avenue for about 1 mile to Sunnyside. The main entrance of NOHC will be one block to the right (east).

From the South: Take I-57 to I-94 west, which turns into I-90/94. Stay on I-90/94, exit west on Damen Avenue. Turn right (north) on Damen and proceed for about 2.5 miles to Sunnyside. The main entrance of NOHC is one block to the right (east).

From Midway Airport: Take Cicero Avenue north to I-55. Take I-55 east toward Chicago. Exit onto I-90/94 west (to Milwaukee). Proceed to the Damen Avenue Exit. Exit right on Damen Avenue (north) and continue for about 3 miles to Sunnyside. The main entrance of NOHC will be 1 block to your right (east).

