

Pre-Surgical Requirements and Medical Clearance:

Pre-Op Testing – Can be done with your Primary Care Provider or at Advent Hinsdale/LaGrange Hospital or Advocate Good Samaritan Hospital

- **Hinsdale/Lagrange Hospital:** No Appointment Necessary; Pre-Admission Testing Department
- **Good Samaritan Hospital:** No Appointment Necessary; Physician Office Center, Building 2, Ground Floor

Your pre-op testing orders will be printed and given to you at your scheduled appointment. The orders will include:

- **EKG, Chest X-Ray, CBC, CMP**

These tests will need to be done within **30 days of your surgical date**. These can be done at the hospital or with your primary care physician. The hospital will also call you to go over questions regarding your health history.

- **Diabetic patients must have HgA1C less than 8 (within 3 months of surgery)**

Clearance for surgery:

- It is your responsibility to contact your primary care physician/cardiologist for an appointment within **30 days to clear you for surgery**.

All weight loss medications must be stopped at least 14 days prior to surgery. Surgery will be **canceled** if you do not stop these medications as directed. Weight loss medication can interact with anesthesia and cause significant complications including but not limited to death. If you take weight loss medications (ie. Phentermine, Adipex), please discuss this with Dr. Patel's staff.

Your physician will then **fax** your clearance note/letter back to our office at **630-794-8620**.

Pre-Op Physical Therapy:

You will receive a call from our physical therapy department. This appointment will include, a subjective and objective assessment, fitting for any durable medical equipment needed: braces, slings, and/or etc and teaching of proper use, gait training and post operative exercises, and home modifications. This appointment typically precludes your pre-operative appointment with Dr. Patel's PA/NP.

Please bring a family member or friend who will be helping you after surgery with you to your Pre-Op appointment.

Insurance Authorization for Surgery:

- Our office will contact your insurance company (if applicable) to obtain approval/authorization for surgery when required. While most insurance pre-authorizations can occur within a few days, some insurances can take up to two weeks.
 - Notify your insurance carrier of your need for surgery to confirm coverage and obtain your benefits. Calling for benefits is the patient's responsibility.
- If this is a work-related injury, authorization will come from your case adjuster.

Day of Surgery

- We will go through all of the details of the day of surgery and what to expect after during your Pre-Op Appointment which typically follows your Pre-Op Physical Therapy appointment.
 - If you do not have a Pre-Op Appointment due to being away at school or not enough time between your appointment and surgery we will get this information to you over the phone and give you a packet the day of surgery.
- Remember to wear comfy clothes, bring your medications that you received scripts for at your Pre-Op Appointment
- Bring all of your durable medical equipment with you – including crutches, braces, slings, etc.
- Make sure to have a ride to & from surgery - cannot be a car service/uber/taxi after surgery. Someone you trust has to be responsible for you after the anesthetic.
- PHYSICAL THERAPY PROTOCOLS *if applicable* will be given to your nurse POST-OPERATIVELY in the PACU and sent home with your discharge paperwork.

If you need school or work letters, please let us know at your Pre-Op Appointment or prior to your surgery.

FMLA paperwork will take 7-10 days to be completed, please keep this in mind if you need this for your employer and please fill out your portion including start date and length of time you are requesting off prior to having us complete.

Questions? Please call or email:

630-929-2249 (Phone)

630-794-8620 (Fax)

assistant@drronakpatel.com

Surgery Scheduling:

scheduling@drronakpatel.com

The hospital or Surgical Center will call you in the afternoon the day before your surgical date to let you know the time of your surgery and when to arrive.