



ROHAN GOPINATH, MD

HIP AND KNEE RECONSTRUCTION SPECIALIST

Joint Replacement Surgery Pre-Operative Checklist

Roxane will call you to schedule a date for surgery (847-285-4381).

Once surgery is scheduled:

- ☐ Schedule an appointment with your Primary Care Physician for medical clearance and testing.
 - Visit should be scheduled within 30 days of surgery. A letter will be sent to your doctor.
 - If you see a cardiologist or other specialist, schedule a visit within 90 days of surgery.
- ☐ Schedule an appointment with a dentist to be sure your mouth is clear of infection.
 - Dental clearance should be within 2 months of surgery.
 - Dental offices may fax the attached clearance letter to 847-885-0130
- ☐ **(Optional)** Attend the Joint Replacement Class that is held through the hospital.
 - See attached for schedule and instructions to sign up.
 - Any questions regarding this should be directed to the hospital.
- ☐ Schedule a pre-operative visit 2 weeks prior to surgery with Dr. Gopinath.
 - Medical clearance should be completed prior to this visit.
 - Additional surgical information will be discussed at this time.

If you are scheduled for certain hip and knee replacements:

- A CT scan of the knee/hip will be ordered to be completed prior to surgery.
 - Dr. Gopinath's office will contact you regarding details.

Please call 847-285-4331 with any additional questions.

Schaumburg Office
929 West Higgins Road
Schaumburg, IL. 60195

Elk Grove Village Office
120 East Higgins Road
Elk Grove Village, IL. 60007

Bartlett Office
864 West Stearns Road
Bartlett, IL. 60103

Buffalo Grove Office
404 North McHenry Road
Buffalo Grove, IL. 60089

Main 847.285.4200
Direct 847.285.4331
www.BarringtonOrtho.com

Dental Clearance Form

Patient is scheduled to have total joint replacement surgery. A dental exam is required to rule out any infections. A note or this form needs to be signed stating the patient does not have an active or recent infection.

Patient Name: _____ was seen in my office on _____

DOB: _____

☐

Patient has no infection concerns

☐

Patient will need dental work-up and treatment prior to surgery.

Comments:

Doctor's printed name: _____

Doctor's signature: _____ Date: _____

**Thank you. If you have any questions or concerns, please feel free
to contact our office at 847-285-4331.**



Please fax form or a note to 847-885-0130.

Request for Medical Clearance

Your patient is being sent to you to obtain a history and physical (medical clearance) for my proposed procedure. I am requesting a copy of your H&P on this patient if possible, to be sent directly to the hospital at which the surgery will be performed. A prescription stating the patient is cleared is not enough as all hospitals require a general medical H&P for all procedures.

The requirements for anyone undergoing a total joint replacement include: **CBC, CMP, EKG and PT/INR**. All elective total joints are required to have an A1c. If the patient does NOT have diabetes, an A1C is acceptable within a year of surgical date. If the patient has a diagnosis of diabetes, the patient will need an A1c within 3 months of surgery date. In addition, please order any other test that you feel is pertinent. Chest x-rays are no longer required, if you would like your patient to have a chest x-ray please write an order and have the patient bring it to the hospital.

Please fax to 847-885-0130 & the appropriate surgical facility:

Alexian Brothers Medical Center, Fax: 847-956-5105

St. Alexius Medical Center, Fax: 847-755-8794

Northwest Community Hospital, Fax: 847-618-7069

Schaumburg Surgery Center, Fax: 847-519-2943

Sincerely,

Rohan Gopinath, MD

Hip & Knee Reconstruction

Barrington Orthopedic Specialists

Office: 847-285-4200

Direct: 847-285-4331

FAQ - Frequently Asked Questions

- 1. When can I drive?** A typical patient cannot drive for 3 to 4 weeks after surgery. You CANNOT drive on narcotic pain medications. We recommend completing **1-2 weeks** of outpatient PT prior to driving. If there are any questions or concerns, at your first post-op visit we will evaluate your strength and pain level to instruct you when to return to driving.

- 2. How long must I wear the surgical stockings (TED hose)?** You should wear them on both legs. You must wear them up until your **first post-op visit**. You may take them off at night for sleeping, but you need to put them back on first thing in the morning. You can purchase more at a local pharmacy if you wish.

- 3. When do I return for an appointment after my surgery?** We like to see all of our patients **2-3 weeks** after your surgery date. You may schedule your appointment at any of the offices Dr. Gopinath sees patients and is most convenient for you. If you would like to go to outpatient PT sooner, please let our offices know so we can discuss with your Home Health therapist.

- 4. I had an anterior hip replacement, when can I sleep on my side?** You may sleep on either side right after surgery. It may be more comfortable to sleep with a pillow between your legs. We do not recommend sleeping on your stomach for at least 6 weeks.

- 5. I had a posterior hip replacement, what precautions do I have and for how long?** You must avoid crossing your legs while laying down or sitting. Also, remember to avoid low or soft chairs. While sitting, make sure your sit with your legs a few inches apart. If you need to pick something off the ground, don't stoop or bend excessively at the waist. These precautions must be followed for at least 6 weeks after surgery. After 6 weeks, you may resume normal activities gradually and with caution.

6. Why is my blood pressure low after surgery? If you have a spinal anesthetic for your surgery your blood pressure will be low for the first 1-3 days following surgery. The anesthetic causes an overall relaxation of the blood vessels which leads to the low blood pressure. During this time, we may hold your anti-hypertensive (blood pressure) medications.

7. When will I be able to return to work? Returning to work depends on the type of work you do.. You will possibly be taking narcotic pain medications and not have the ability to drive. Most people choose to take 6-8 weeks off. If you feel you would like to return sooner or need more time, this can always be discussed during your post operative visits. If you need to file for Short Term Disability please let us know. Duration will be discussed and decided on a case by case basis.

8. What limitations do I have regarding my total joint replacement going forward? For anterior hips, extension with external rotation is a life-long hip dislocation precaution. Also, avoiding straight leg raises while lying down for the first 6 weeks after surgery to avoid tendonitis. For posterior hips, you must follow the precautions as previously outlined for six-weeks. For knees, there are no precautions. **You should let symptoms be your guide.** For any type of replacement, running, jumping, pivoting/cutting and high impact activities should be avoided to elongate the life of your implant. You may use a stationary bike or elliptical. You may participate in activities such as golf, walking, hiking, pickleball, tennis, cross country skiing and bowling. For revision surgeries, please consult Dr. Gopinath regarding your specific precautions.

9. What do I do about airport metal detectors? Inform the TSA you have a joint replacement. Depending on the type of metal detector, they will most likely still wand or pat you down. No special card is needed.

10. When can I have sex? Most people resume sexual activity at 6 weeks from surgery. Hips should remember their specific dislocation precautions if they were prescribed for you.

11. When can I restart my anti-inflammatories (Ibuprofen, Diclofenac, Celebrex, Motrin, Advil, etc.)? You may restart those types of medications 4 weeks after your surgery. Anti-inflammatories thin the blood which can cause extra bleeding into the joint when taking increased doses. We will already have you on a prescription anti-inflammatory medication, so we do not want you to take any other NSAID until you have completed our prescription NSAID.

12. Can I continue taking my vitamins? You may continue to take a daily multivitamin. All other vitamins and nutritional supplements should be stopped 10 days prior to surgery.

13. What prescription medications can I continue to take up until surgery? A nurse from the hospital or your primary care physician will inform you which of your medications you can continue to take prior to surgery. i.e.: blood pressure, heart, thyroid medications. If you have any questions regarding these, please contact the physician that prescribed them.

14. When can I take a bath/swim in a pool? NO soaking in a bath, hot tub or pool is allowed for 6-8 weeks after surgery, or until you are completely healed with no scabs. With Aquacel AG silver dressing you are able to shower immediately after surgery, as long as your dressing remains intact.

15. When can I stop wearing a bandage? An Aquacel AG Silver dressing is applied after surgery and will remain on for 7-10 days. Once this is removed, your incision will be left open to the air and no further dressing changes are required.

16. When can I fly on an airplane? We recommend that you make no plans for air travel for 4-6 weeks after surgery to decrease your risk for blood clots and other complications. If you must travel sooner than this, please consult with Dr. Gopinath

17. Can I get a handicap permit for my car? We do not routinely hand out handicap permits for your vehicle. We believe walking is the best exercise and encourage you to park as far as possible from your destination.

18. Which company do you use for my joint replacement? We primarily use implants from these manufacturers: Stryker, Zimmer-Biomet, and Depuy Synthes. The choice of implant is based upon each individual patient's anatomy. Dr. Gopinath does NOT have any financial relationships with either company.



Insurance

Call your insurance company(ies) to:

Verify that the hospital and Dr. Gopinath are In-Network for your plan.

- Joint replacement surgeries can be classified as either "inpatient" vs "outpatient." If you are discharged home the same day or spend one night at the hospital, you will be classified as "outpatient." If you spend more than 2 midnights in the hospital, you will be classified as "inpatient." Based upon increased requirements from insurance companies, including Medicare, we have to justify why a patient needs to spend at least 2 midnights in the hospital after your joint replacement surgery.
- If you have an HMO policy, you have to contact your primary care physician to initiate a surgery referral.

Verify your benefits and eligibility, including any outstanding deductible. You should also verify that your insurance company covers home health physical therapy or inpatient physical therapy at a subacute rehabilitation facility.

If Medicare is your primary insurance, you do not need to contact them, but you do need to contact your secondary insurance if you have one.

Our office will be happy to provide the insurance company or your primary care physician with any additional information they may need. Please have them call our office at (847) 285-4200.

Dr. Gopinath's office prior authorization will complete the surgery precertification with your primary insurance but it is still recommended that you contact your primary insurance company.



Surgical Deposit Policy

It is very important to us that all our patients fully understand their financial obligations, along with our payment policies prior to undergoing surgery or a procedure with Barrington Orthopedic Specialists, Ltd.

When you schedule surgery, we must reserve time in the operating room at the chosen facility. We ask that you be definite about your desire for surgery, and certain you have the funds available before scheduling your surgery.

- 1.Scheduling: you will receive a call from the clinical surgical coordinator and placed on the physician's surgical schedule.
- 2.Once scheduled our pre-certification team will start the process of obtaining your insurance benefits and start the prior authorization process with your insurance plan.
- 3.If it is determined that you have an outstanding deductible and/or coinsurance remaining, you will be contacted by our customer service team to discuss your estimated financial responsibility for your upcoming surgery and to collect a deposit to hold your surgery date. It is important to remember that this is an estimate, and while we will do our best to give you the most accurate number, there are many variables which could change the estimate amount. *Please note facility and anesthesia charges will be billed separately by the facility.*
- 4.In order to keep your surgery time you will be required to pay your surgery deposit no less than three days prior to your scheduled surgery date. Failure to pay may result in your surgery being rescheduled.
- 5.Any remaining balance is due in full upon receipt of your statement.

For questions, please contact our customer service department at: **847-285-4230**

*****Please note a quote of benefits and/or authorization does not guarantee payment or eligibility. Payment of benefits are subject to all terms, conditions, limitations, and exclusions of your insurance contract at the time of service.**



Additional Resources

www.BarringtonOrtho.com

www.Arthritis.org

Total Hip Replacement Video

https://www.youtube.com/watch?v=wAAo9l9a_Eg

Total Knee Replacement Video

<https://www.youtube.com/watch?v=NghUfdE0seE>

Unicompartmental Replacement Video

https://www.youtube.com/watch?v=oNBX0_XLDQA

Aquacel AG Surgical Dressing

<https://www.convatec.com/wound-skin/aquacel-dressings/aquacel-ag-surgical/>