



Justin Mark LaReau, MD
Hinsdale Orthopaedics Associates

JOINT REPLACEMENT WITH DR LAREAU

Thank you for choosing to schedule surgery with Dr. Justin M LaReau. We are excited to be involved in your surgical experience. In preparation for your surgery, we would like to inform you of all the necessary steps to be completed prior to your procedure.

- **SURGERY SCHEDULING:** Dr. LaReau's surgery scheduler, Denice, will speak with you to set a date and location of your surgery.
 - If you did not meet her in the office, she will call you. If you do not hear from her or if you have any questions, please call 630-920-2369, which is her direct number.
- **MEDICAL CLEARANCE:** You will need to obtain Medical Clearance for surgery from your Primary Care Physician. Medical Clearances are good for 30 days only so do not schedule your appointment prior to 30 days. (Please take this letter along with you to your appointment)
- **PRE OPERATIVE TESTING (** to be done at least 3 weeks prior to your surgical date**)**
 - This can be performed at your physician office or at the hospital you will have your surgery at
 - Blood work
 - CBC with differential
 - Chem 7 panel
 - PT/INR
 - EKG
 - Chest Xray
 - Urinalysis (clean catch) with culture
 - MRSA screening nasal swab
 - Additional medical clearance from specialty physicians ex. Cardiology IF required
- **MEDICATIONS TO DISCONTINUE PRIOR TO SURGERY:**
 - **Discontinue** Anti-inflammatory medication 7 days prior to your surgery (examples are Motrin, ibuprofen, Aleve, naproxen, Celebrex, diclofenac)
 - **Discontinue** any anticoagulants you might be on 7 days prior to your surgery (examples are Coumadin, Xarelto, Plavix) UNLESS noted otherwise by the prescribing physician.



1010 EXECUTIVE COURT, SUITE 250
WESTMONT, IL 60559
630.920.2350
FAX: 630-323-5625

DR. LAREAU'S TEAM:
MAGDALENA MALINOWSKA
PA-C
GRETCHEN NERISON
DENICE DYER



- **CLASS:** You may attend a total joint replacement class provided at the hospital in which you are having your surgery (Highly recommended)
 - **Hinsdale Hospital**
 - Monday 10-11:30am,
 - Thursday 10-11:30am
 - Call 630-856-7070 to register
 - **Good Samaritan Hospital**
 - Monday morning, afternoon and evening.
 - Friday morning
 - Call 1-800-323-8622 to register, Code: 4G28
- **APPOINTMENTS:** You will then be scheduled for 2 appointments:
 - PRE-operative Visit : at this visit you can expect to see Magda for:
 - Pre-surgical Consent and any pre surgical questions you might have will be answered
 - We will make sure of all of you medical clearance and laboratory testing is complete
 - And you will also see: one of our Physical Therapists for a Physical Therapy pre operative visit at which time you will obtain:
 - an evaluation of your pre operative range of motion, you will be fitted with a post operative brace (if you are undergoing a total knee replacement only), and you will practice using an assistive device which you will use post operatively (example: Walker, crutches)
 - POST-operative Appointment at 3 weeks after your surgery
 - Postoperative Xrays will be taken and reviewed with you
 - Additional information on further post operative instructions will be reviewed
 - Your incision will be inspected and any staples or sutures will be removed (if applicable)

If you have any further questions please do not hesitate to contact our office.



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