

Thank you for choosing to schedule surgery with Dr. Justin M. LaReau. We are excited to be involved in your surgical experience. You are taking an important step towards improved mobility, function and alleviation of pain. Your decision to pursue a joint replacement surgery requires excellent planning. Dr. Justin M. LaReau and his team is devoted to providing exceptional care to help you achieve the best possible outcomes of your operation. This packet will help you navigate essential preparations for your surgery. Please take time to review this entire surgery folder to ensure that all the necessary steps are done before your surgery.

- **Surgery scheduling:** Dr. LaReau's surgery scheduler, Vicky, will speak with you to set up date and location of your surgery. Please feel free to contact her directly at 630-794-8652.

Surgery Date: _____

Surgery Location: _____

Pre-op Appointment with Luke: _____

Pre-op Therapy Appointment: _____

Post-op Appointment: _____

- **Surgery Checklist:**

- **Pre-operative Testing: Please do not start this process before securing a surgery date with Vicky.**

We recommend these be completed at the hospital where you will be having surgery.

1. Blood Work: CBC, CMP, PT/INR, HgbA1c, Fructosamine
2. EKG
3. MRI or CT scan for **total KNEE replacements**. Dr. LaReau will discuss the type of implant he will use for your joint replacements. These tests will be used for pre-operative planning. This must be done at an approved center.

- **Medical Clearance:** You will need to obtain a Medical Clearance for surgery from your Primary Care Physician. Your PCP will receive from our office detailing your surgery information and request for medical clearance. Additional medical clearance from your specialists (Cardiology, Pulmonology, Oncologist, Nephrologist, etc.) may be required.

*You will need to obtain a **dental clearance** prior to your surgery if you have not seen your dentist in the last six months.

- **Joint Class:** You may attend an in-person or virtual total joint replacement class provided at the hospital in which you are having your surgery (Highly Recommended).
- Schedule a Medical Equipment visit 2 to 4 weeks before surgery to obtain knee immobilizer, DVT device, and other medical equipment needed for surgery from one of our physical therapy facilities.
- Discontinue important medications prior to surgery. If you are on medications that affect your blood coagulation (Plavix, Clopidigrel, Warfarin, Eliquis, Xarelto, Aspirin, or NSAIDS—be sure to review with Dr. LaReau and team)
- Create a discharge plan for when you leave the hospital. This should include a designated preoperative “coach” or care support individual who will be checking in on you frequently during your first 2-4 days at home.
- **STOP SMOKING.** You should stop smoking or using nicotine products (cigar, patches, gum, etc.) 4 weeks before surgery and for 4 weeks after. Nicotine testing will be performed prior to surgery and surgery will be cancelled if testing is positive for nicotine.

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

Joint Replacement Planning Timeline

8 to 12 weeks before surgery

- **NO JOINT INJECTIONS.** Surgery will not be done within **three months** of an injection in the hip or knee joint as this may increase the risk of infection.
- **See your Dentist.** If you have not seen your dentist in the last 6 months, you need to be seen for an evaluation. A dental clearance will be needed prior to surgery.
- **Find out your Hemoglobin A1c level.** Elevated blood sugar levels increase your risks for post-op infection and delayed healing. If you have been diagnosed with diabetes, you need to make sure your levels are well controlled prior to surgery. Your Hemoglobin A1c level should be less than 7.5 or your surgery will be cancelled.
- **Establish a care support individual.** This may be your spouse, significant other, child, friend. This is someone who will be able to assist you in your surgical journey.

6 to 8 weeks before surgery

- **Set up an appointment to see your specialists.** If you are seeing a cardiologist, you need to obtain clearance prior to surgery. The doctor may require additional testing prior to giving you clearance for surgery. Other specialists that you may be seeing are (but not limited to) pulmonologist, endocrinologist, nephrologist (kidney), pain management physician, rheumatologist, psychiatrist, or urologist. Please have your doctors fax the clearance to 630-794-8612 Attn. Vicky.

4 to 6 weeks before surgery

- **Complete documents** needed for time away from work based on your employer's Human Resource Department.
- **STOP SMOKING.** If you are a smoker or using tobacco products (cigar, patches, gum), you should quit using tobacco at least 4 weeks before surgery and 4 weeks after. Nicotine in your body increased your risks for complication after a hip or knee replacement. This includes, but not limited to, infection, delayed healing, hardware failure as well as heart and lung problems. Your surgery will be rescheduled if your nicotine testing comes back positive.

3 to 4 weeks before surgery

- **Preoperative testing and blood work.** You need to complete your bloodwork (CBC CMP, PT/INR, HgbA1c, Fructosamine), and EKG before surgery. You should complete these tests prior to seeing your Primary Care Physician to obtain medical clearance.
 - *LaGrange Hospital and Salt Creek Surgery Center requires that your testing be completed no more than 30 days before surgery.
 - *Good Samaritan Hospital requires that your testing be completed no more than 90 days before surgery.
- **Preoperative CT Scan or MRI for TOTAL KNEE Replacements ONLY.** Depending on the implant that will be used for your surgery, you will need one of these tests.
 - *For patients having MAKO Robotic Total Knee replacement at LaGrange Hospital, one of the nurses will call you to schedule your CT scan.
 - MRI:** This is required for patients who will use Smith & Nephew Visionaire system for total knee surgery. You will be in charge of calling the hospital where your surgery is scheduled to complete your MRI test.
 - Good Samaritan Advocate Hospital:** Call Central scheduling: 708-304-9400
 - LaGrange Hospital:** Call Central Scheduling: 708-245-9000
 - *Salt Creek Surgery Center:**
 - For patients having MAKO Robotic Total Knee replacement, the patient can have their CT scan done at LaGrange Hospital, Hinsdale Hospital. You will need to call their Central Scheduling to set a CT Scan appointment.
 - Patients who are having Smith & Nephew Visionaire implant for Total Knee replacements can schedule with Hinsdale Orthopaedics MRI: 630-920-2380).
- **Obtain Medical clearance and Physical examination.** You should see your Primary Care Physician for a preoperative physical exam and clearance. This should be done no sooner than 30 days before your surgery date. You should complete your preoperative testing and blood work before you see your doctor so he/she can review the results. Please have your primary care physician fax your History and Physical with your clearance to 630-794-8612 Attn Vicky.
- **Preoperative appointment in the office.** You will see Luke or Eden, Dr. LaReau's Physician Extenders in the office. Surgical consents will be signed in this visit. Additional required xrays may be taken. We will also review your

medical clearances and laboratory testing. We will also address any questions regarding your surgery, discharge, recovery and medications.

- **Joint Class in the hospital.** We highly recommend that you attend an in-person or virtual presurgical class in the hospital you are scheduled to have surgery.

Good Samaritan Hospital:

1. Go to advocatehealth.com
2. Click on REGISTER FOR CLASS
3. Enter ONLY the "Class Code" **4G62**, leaving all other fields blank. This will bring up the class registration page.

After you enter in all your necessary information, you will receive a confirmation email. Within 24 hours, you will receive another email with a link to view the on-line class. If you have any questions, please call 1.800.3.ADVOCATE (1.800.323.8622).

LaGrange Hospital: Center for Advanced Joint Replacement

Call 708.245.6822 to schedule a class or visit www.amitahealth.org

- **Complete a Medical Equipment Visit.** You will be required to see one of our Hinsdale Orthopaedics Physical Therapists to procure medical equipment needed for surgery. This will include a knee immobilizer (for knee replacement surgery) and SCD device (we recommend this to be used at home after surgery for prevention of blood clots). The physical therapist will also evaluate your pre-operative range of motion. You will also practice using an assistive device that you will be using after surgery: walker or crutches, cane).
- **Plan for discharge arrangements.** You will need to plan for after you go home from the hospital. You may need assistance in basic household chores such as cooking, laundry, cleaning and bathing. We recommend that you have someone with you for the at least the first week. You will be discharged from the hospital with home health for the first two weeks after the surgery. They will call you to arrange the visits of the home health nurse and home health physical therapist.

2 weeks before surgery

- **Obtain cleaning supplies.** You will need to buy Hibiclens Antibacterial Soap or Wipes (Chlorhexidine gluconate or CHG). These can be found in pharmacies and some grocery stores. You will need this to complete your cleaning routine prior to surgery.
- **Start daily, light exercises to build strength.** You can start exercises as you can tolerate it.

- **Increase protein intake** (as long as your PCP does not restrict you). This will help promote healing and fight infections. We recommend about 15 grams of protein per day.
- **Make sure you have completed all your preoperative testing and Dr. LaReau's office has received all your clearances from your primary care physician and other specialists.**
- **Complete a home safety check.** Clear hallways of electrical cords and rugs. Re- arrange furniture if needed for a smoother flow. Make sure you have made changes to your bathroom to make it safe for you: safety grip bar, shower chair, raised toilet seat.
- **Determine transportation help.** Make sure you have a designated family member or friend to bring you to the hospital as well as pick you up upon discharge.
- **Finalize discharge plan.** Confirm that you have someone to stay with you for a couple of days to a week after you are discharge from the hospital. Come up with meal plan for at least a week.
- **Blood thinners** (Warfarin/Coumadin, Eliquis, Xarelto, Aspirin, Plavix, etc) – find out when to stop before surgery and when to resume. Find out from your doctor who is managing your blood thinner medication regarding these instructions.

1 week before surgery

- **Stop NSAIDs (Aleve, Ibuprofen, Advil, Meloxicam, Celebrex, Naproxen, etc) and Vitamins/Nutritional supplement.**
- **Begin Hibiclens** wash 5 days before surgery.
- **Do not shave legs** 5 days before surgery.
- **Things to watch out for:** If you develop fever, chills, respiratory symptoms: sore throat, cough, nasal drainage, cold/flu symptoms. Call the office and speak with Vicky. You may need to see your primary care physician to be evaluated. Your surgery may need to be rescheduled.
- **Items to bring to the day of surgery.** Two days before surgery, go through a checklist of the things that you need to bring the day of surgery.
 - Comfortable clothing: shorts or wide leg or loose pants
 - Slip-on shoes or sneakers
 - List of your medications

- Identification Card
- Insurance Card
- For knee replacement: Bring your knee immobilizer.
- Personal Items: glasses, partials/dentures, hearing aids, oral care items.

One day before surgery

- **Confirm arrival to the hospital or surgery center.** The facility will be calling you to let you know what time you should arrive on the day of your surgery.
- **After using Hibiclens wash.** You can use Chlorhexidine wipes. No lotions, oils, powders, hair products or deodorant. This will be the same on the day of surgery.
- **DO NOT EAT OR DRINK AFTER MIDNIGHT.**
- **Get a good night's sleep.**

The DAY of surgery

- **If instructed, you may drink 1 bottle of Ensure Pre-Surgery** or water 2 hours before arrival to hospital. This is specific for patients having their surgery at LaGrange Hospital.
- **If you have medications that you need to take the morning of surgery,** you can take it with small sips of water.
- **Last Hibiclens Antibacterial Wash.** No lotions, oils, powders, hair products or deodorant.
- **Bring your knee immobilizer.** This is for patients having total knee replacement surgery.
- **Leave walker or cane in the car.** Do not bring it to the facility. They will provide a walker for you.
- **Leave valuables at home.** At LaGrange Hospital, you may need to bring a form of payment to obtain your discharge medications from the pharmacy prior to going home.
- **ARRIVE ON TIME.**