



Thomas Obermeyer, M.D.



**BARRINGTON**  
Orthopedic Specialists  
*Specializing in You*

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## PREOPERATIVE INFORMATION

The following are some considerations to help you prepare for your upcoming surgery.

### Picking a surgical date

Selecting and confirming a surgical date are the first steps to ensure a smooth and successful surgical experience. We recommend you assess your work and travel schedules and coordinate with family and friends. Our scheduling office will reach out in the next two business days to offer dates and times; we recommend you schedule only after you know when works best. If you do not hear from the scheduling office within two days, please call (847)285-4318 to discuss.

### Medical Clearance

Some patients require a primary care physician or internist to complete a medical evaluation of you prior to surgery to confirm that you are medically optimized for surgery ("clearance"). This is usually needed if you have multiple medical problems such as high blood pressure or if you take several medications such as blood thinners. Usually clearance consists of an appointment and lab work. Our office will coordinate with your primary care physician what testing is required, but it is often helpful if you start the appointment scheduling process to ensure you can get in for clearance evaluation prior to surgery. If you have a cardiologist you regularly see, we recommend you contact your cardiologist as well, because sometimes advanced testing is needed (eg, EKG or echocardiogram) prior to surgery. These appointments and the possible need for further testing takes time, and Dr. Obermeyer recommends you avoid waiting until the last minute which could risk your surgery date being cancelled.

### Support

We recommend you identify a family member or a friend who can bring you to the hospital/surgery center the day of your surgery and who can transport you home. If you live alone, it is helpful to have someone to stay with you the first day and night depending on the type of surgery.

### Postoperative Instructions

We recommend you notify your employer or school about your anticipated recovery time. **If your employer requires specific disability/leave paperwork, please provide this to Dr. Obermeyer's team before surgery.** We recommend you stay local and avoid travel out of town for two weeks until you follow up at your first postoperative visit. **Driving** is generally not recommended for at least a week or two after surgery or while you are taking narcotic pain medications. Dr. Obermeyer will discuss further driving restrictions with you depending on your surgery. Plan ahead for transportation to a follow-up visit with Dr. Obermeyer at 2 weeks after surgery. If therapy is planned after surgery, it is helpful if you



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work with our therapy department to schedule appointments and for you to make a plan for transportation to therapy if required. If you have young children or large animals, you may need assistance with caring for them for a brief while following surgery. Other specific considerations:

**Shoulder or arm surgery:** If you live alone and are having a procedure to your arm or shoulder, plan ahead for daily activities that commonly require both hands, such as cooking, cleaning, and laundry. Simple use of the hand in front of the body while in a sling is okay, but Dr. Obermeyer recommends you avoid large arm positions with the hand in front or away from the body. A zip-up or button down shirt is often recommended for the days to weeks following surgery.

**Knee or leg surgery:** Please wear shorts, sweats, or other loose-fitting clothing to go over your bandages or brace (if needed). If you have crutches, please bring them with you to surgery or they will be provided.

### **Staying in the hospital**

If you are being admitted into the hospital after surgery, pack a bag with everything you would like to have with you during your stay. Plan ahead for transportation home on the day of discharge. Most patients undergoing surgery at the hospital will be discharged the day after surgery or the day thereafter..

### **What time is my surgery?**

Dr. Obermeyer's surgical scheduler provides a rough estimate as to the time of your surgery. The surgical facility will call you the day before surgery to confirm the time of your surgery and to tell you when to arrive at the hospital/surgery center. Sometimes the schedule can change the day of surgery and we recommend you have some degree of flexibility if the facility has to change your surgery time.

### **The evening before surgery**

**Do not eat or drink anything after midnight on the evening prior to surgery.** This includes early morning coffee, milk, or water. The reason for this is for your safety during anesthesia. You may take important medications for blood pressure or for a heart condition with a small sip of water. You may brush your teeth as per your routine.

### **The day of surgery**

Bring your photo ID (or appropriate guardianship documents) and insurance card. Usually the anesthesiologist has access to your clearance note and lab results, but if there is any last minute testing completed, you may want to bring copies of the results. If you wear contact lenses, wear glasses the day of surgery or be prepared to remove them. As above, wear comfortable, loose-fitting clothing. Do not bring jewelry, money, or valuables with you. Remove all jewelry including rings before coming to the facility. Once you are checked-in, you will change into a gown. An IV will be placed.

### **Meeting with your anesthesiologist**



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You will meet the anesthesiologist before surgery and (s)he will ask some questions about your health status and surgical/anesthesia history. If your surgery involves a regional block, the anesthesiologist will discuss the block with you and clarify what to expect. If you are a candidate for a block, it is usually helpful because it helps significantly with pain for the day after surgery and may lessen the depth of anesthesia, so you wake up more easily. The block involves the injection of a long-acting numbing medication near the nerves around the surgical area while using an ultrasound machine. Depending on the type of surgery, usually light general anesthetic is also used, which means you will be sleeping and will not remember anything. Any type of anesthesia can cause nausea, drowsiness, and a sore throat, which are all normal and resolve in a day or two.

### **After surgery**

Immediately after surgery, Dr. Obermeyer will call your family member or another person you identify to provide an update on the findings at surgery. Make sure the facility has the correct contact information and phone number for this person for updates about surgery and for pick-up time. If you are being admitted into the hospital, it usually takes an hour or two after the surgery is complete for you to be awake enough to see family members.

**Please contact us with any questions.**

### **Contact Info**

- Primary clinical contact for Dr. Obermeyer: (847)285-4318
- Surgery Scheduler Roxane Fanella or Katie Vodica: (847)285-4381
- Weekday evenings and Saturday afternoon walk-in clinic for dressing concerns/urgent issues: (847)285-4250
- Late night/emergency on-call physician: (708)541-5223