



Thomas Obermeyer, M.D.



BARRINGTON
Orthopedic Specialists
Specializing in You

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SPECIFIC PREOPERATIVE INFORMATION: TOTAL KNEE REPLACEMENT

The following is some specific information about your knee replacement for you to review.

Once surgery date is scheduled:

- Schedule an appointment with your Primary Care Physician for medical clearance (Medical Clearance is good within **30 days** of surgery)
- Complete lab work as ordered by your primary care physician.

- Dental evaluation (Within 6 months of surgery). Fax clearance to: 847-885-0130

Weeks prior to surgery: Preoperative CT scan

- Preoperative CT scan is required for robotic knee replacement in the weeks prior to your scheduled surgery date. This is required for the robotic technology to know the three dimensional anatomy of your knee. We generally recommend the scan be completed at St. Alexius Medical Center, where they have the specific protocol and knowledge of how the scan is done.

- Please schedule the scan early so there is sufficient time to process the information. The scheduling line at St. Alexius Medical Center is (877)717-7700. We will work with insurance to authorize the scan. If you will be having this scan done elsewhere, please inform us at (847)285-4390.

7 days prior to surgery:

- Most patients are asked to stop taking any medications with a blood thinning effect (unless specifically instructed by your cardiologist). This includes anti-inflammatory medications and herbal supplements. Examples of medications to stop include aspirin, coumadin, plavix, Ibuprofen, Naprosyn, Aleve, Mobic, and most vitamins. You can continue to take Tylenol, Celebrex, and Ultram/tramadol. Instructions on other medications not listed here should come from your primary physician.

- Pick up **Hibiclens soap & Mupirocin nasal ointment** from your pharmacy (Prescription of Mupirocin will be sent electronically from Dr. Obermeyer's office. Hibiclens soap can be purchased over the counter.

5 days prior to surgery:

- Start cleaning routine. Please read **Page 2** for further instructions.

- Schedule your first postoperative appointment with Dr. Obermeyer at around 2 weeks postoperatively. If you are missing any pre-operative orders prior to your surgery, the hospital may contact you for additional testing.



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Day before surgery:

□ The hospital will call you in the late afternoon to tell you what time to arrive at the hospital and to answer any last-minute questions. Do not eat or drink anything past midnight.

CLEANING INSTRUCTIONS FOR YOUR SKIN BEFORE SURGERY

The most common infections after surgery involve bacteria that are normally found on the skin. These bacteria are commonly found on healthy people. You can play an important part in reducing the risk of an infection at your surgical site by practicing good skin hygiene prior to surgery.

We recommend you use two different antiseptic cleaning supplies:

• **Hibiclens (Chlorhexidine gluconate soap)**

• You will use the chlorhexidine gluconate soap (Hibiclens) as your body wash while showering for the **5 days** before your surgery. No prescription is needed for this, and it is over-the-counter.

• **Mupirocin nasal ointment**

• You will use this nasal ointment **5 days** before your surgery twice daily. We will send an electronic prescription to your pharmacy. Please place a peanut sized amount on a Q-tip and put it inside on the front part of each nostril.

Do not use the soap if you are allergic to chlorhexidine gluconate. Please alert the physician if you develop a rash while using the soap

Please follow these instructions:

1. You will shower with the CHG (Hibiclens) each day at night for 5 days prior to your surgery. For example, if you are scheduled to have surgery on Monday, you will start using the CHG (Hibiclens) on the Wednesday the week before your surgery. If your surgery is on a Thursday, you will start this on the Saturday before.
2. Do not shave any body parts from the neck down (underarms or legs) for 2 days prior to surgery.
3. The CHG soap should only be used on your body below the neck. **DO NOT USE ON THE EYES, FACE, GENITAL, AND RECTAL AREAS.**



Preparing for Surgery

You will have a choice regarding your physical therapy course. Dr. Obermeyer believes that you will have a quicker and smoother recovery if you are **discharged home** after surgery. Dr. Obermeyer's office will set up home health for you. If home health is not covered by your insurance benefits, the social worker at the hospital will help set up a home health care nurse and sometimes a physical therapist to come to your house for the first 2 weeks after surgery. After 2 weeks, you will be transitioned to outpatient physical therapy. Barrington Orthopedics has physical therapy services at all four of our office locations if this is the most convenient option for you. If there is a more convenient outpatient location for you, we will provide you with a script at your first post-operative appointment.



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Not all patients will fit the criteria to be discharged home after surgery. In this situation, the social worker at the hospital will arrange for your admission and transfer to a rehab facility. You will be offered different options and you may select the one that you are the most comfortable with. This involves staying overnight at a rehabilitation facility.

It is recommended to **stop smoking** at least one month prior to surgery. Smoking inhibits wound healing which can increase the risk of infection. It is also recommended that you eat healthy. If you are overweight, a weight loss program may be beneficial to your recovery.

HOSPITAL STAY

If necessary, a primary care physician (PCP) will see you daily in the hospital. If your regular PCP does not come to the hospital where surgery is scheduled, Dr. Obermeyer will coordinate for an internist to see you for management of any medical issues.

You will have an advanced practice practitioner (who works with Dr. Obermeyer), an occupational therapist, a physical therapist, a social worker and a nurse as part of your care team. The physical therapist will work with you twice a day. They will have you work on motion and walking. A typical length of stay is anywhere from being discharged the day of surgery up to three days after. Different patients will have different requirements. At that point, you will be discharged to home with home health services or to a rehab facility.

If you have any questions about the above, please contact Dr. Obermeyer's office at (847)285-4318.