



Endeavor Health
Orthopaedic & Spine Institute

JOSEPH D. LAMPLLOT, M.D.
ORTHOPAEDIC SURGERY & SPORTS MEDICINE
(847) 618-0217 | SPORTSMEDICINE@NORTHSHORE.ORG
3060 SALT CREEK RD, ARLINGTON HEIGHTS, IL 60005
21481 N. RAND RD, KILDEER, IL 60047



JOSEPH LAMPLLOT, MD

Orthopaedic Surgery & Sports Medicine

Preoperative Instructions



Dear Patient,

Thank you for selecting the Endeavor Orthopaedic & Spine Institute. It is a privilege to provide you with the exceptional orthopaedic care that you deserve. Endeavor is a national leader in sports medicine clinical care, research, education. Our primary goal is to improve your pain and function, allowing you to return to the activities that you enjoyed prior to your injury.

We understand that preparing for surgery can be overwhelming, and we are here to help you through this. This packet is intended to streamline the preoperative process and provides answers to many frequently asked questions.

Please do not hesitate to contact my office with any questions or concerns.

Sincerely,

A handwritten signature in black ink that reads "Joseph D. Lamplot". The signature is written in a cursive, flowing style.

Joseph D. Lamplot, MD

Orthopaedic Surgeon
Sports Medicine and Shoulder Surgery

Email:

Dr. Lamplot: joseph.lamplot@endeavorhealth.org

Cristiane M. Hayato Unseth, PA: chayato@nchmedicalgroup.com

Type Of Surgery

- **Ambulatory Surgery:** Procedures after which you are able to go home the same day without an overnight stay in the hospital. Ambulatory surgery is also called outpatient surgery. The majority of surgeries performed by Dr. Lamplot are ambulatory.
- **23-Hour Stay:** Some patients may be advised to stay overnight for observation, pain control, or due to the late timing of their surgery.
- **Inpatient:** Surgeries with an anticipated hospital stay greater than 23 hours. Details regarding room allocation, private rooms, television, telephone, internet, and private duty nursing are available upon request. All patients undergoing inpatient surgery will require pre-admission testing to be performed at Endeavor.

Team Members and Roles

There are multiple members on our team that will be helping you in the days and weeks leading up to surgery, on the day of surgery, and postoperatively. Below is a list of team members, our contact information, and a description of how each of us will help you:

Dr. Lamplot: Dr. Lamplot will perform your surgery. There may be a resident physician, fellow physician (who has completed their residency), and/or a physician assistant who is assisting with your surgery. Dr. Lamplot will be present for and will perform all critical parts of your surgery.

Cristiane Hayato Unseth, PA: Cristiane is a Physician's Assistant (DA) who assists Dr. Lamplot in the clinic, operating room and with preoperative and postoperative matters. Cristiane can be contacted directly via email at chayato@nchmedicalgroup.com.

Ambulatory Surgery Center (ASC) Staff: ASC nurses will contact you 1-2 days prior to surgery to briefly discuss your current health status. You will also be provided with information regarding when to arrive to the ASC and what to expect on the day of surgery. Please be aware that arrival and departure times on the day of surgery vary based on individual patient care needs. Arrival times are often not available until the day before surgery. The ASC staff will also provide guidelines for eating, drinking, and medication use on the day of surgery.

Medical Clearance

Depending on the planned surgical procedure and your medical history, you may be required to undergo Pre-Admission Testing, medical clearance, and/or obtain clearance from a specialty consultant such as a cardiologist or hematologist.

NO MEDICAL CLEARANCE REQUIRED: Healthy patients scheduled for ambulatory surgery are not required to undergo any special pre-admission testing.

MEDICAL CLEARANCE: May be obtained from your primary care doctor.

- If your primary care doctor is to clear you for surgery, then they must fax or scan our office a note indicating that you are medically cleared for surgery.
- Medical clearance must be completed no more than 10 days prior to your scheduled surgery.
- All outside test results and the medical clearance note must be provided to our office no later than the Thursday prior to your scheduled surgery.

CARDIOLOGIST CLEARANCE: Required if you have cardiac stents, a pacemaker, history of an arrhythmias, have had any kind of heart surgery, or have had a heart attack.

HEMATOLOGY RECOMMENDATIONS: May be requested if you have a personal history of blood clot (DVT or PE) or a family history of blood clots.

ADDITIONAL MEDICAL SUBSPECIALTY RECOMMENDATIONS: May be requested by Dr. Lamplot based upon specific aspects of your health history.

BLOOD THINNERS: If you take a blood thinner (Warfarin, Coumadin, Plavix, Clopidogrel, Aspirin, Heparin, Aggrenox, Lovenox, Enoxaparin, Xarelto, Rivaroxaban, etc.), you **MUST** have specific instructions from your prescribing physician regarding stopping and restarting these medications. In general, we recommended that these medications are discontinued at least 5 days before your planned procedure. Please follow your prescribing doctor's recommendations.

IMMUNIZATION RECORD: Anyone under 18 years of age must obtain a copy of their immunization records from their school or pediatrician's office.

Medications

Below are some common medications that our patients take and when you should stop them. **Please always speak with the prescribing physician prior to stopping any medications.**

14 days before surgery – Any Narcotics (Vicodin, Norco, Percocet)

7 days before surgery – Anti-inflammatories (such as Aspirin, Naprosyn, Aleve, Advil, Motrin, Ibuprofen, etc.) any herbal supplements, Vitamins.

5 days before surgery – Plavix/Coumadin/Warfarin ****If you are taking any of these contact the prescribing physician prior to stopping these medications for clearance prior to doing so****

YOU CAN CONTINUE – Tylenol, Celebrex, Ultracet, Ultram/Tramadol, Glucosamine, blood pressure medication

Do NOT take any herbal medications, natural products, or vitamin supplements within 7 days of surgery (alfalfa, capsicum, chamomile, chondroitin, clove, dandelion, feverfew, fish oil, flax seed, gamma linoleic acid, garlic, ginger, ginkgo, ginseng, glucosamine, horseradish, licorice, liver oil, melatonin, papain, turmeric, etc.) within 7 days of surgery. **Many of these increase bleeding.**

Birth control: Oral contraceptives and other estrogen-based birth control methods may increase the risk of developing a blood clot following lower extremity (leg) surgery. It is recommended that you stop birth control until you are fully weight bearing and are walking normally without crutches.

Preparing For Surgery

INSURANCE COVERAGE

Our office will call for pre-certification from your insurance company, if required. Please be advised that this process does take time. You should contact your insurance company directly with any questions regarding coverage and benefit information.

ARRANGE ESCORT

The surgery center requires that ambulatory surgery patients arrange for an escort home. This is usually a family member. You will not be allowed to leave the surgery center without an escort. You will not be allowed to drive, take a taxi, or ride share (uber, lyft). In some cases, surgery may be cancelled if you have not established this arrangement upon registration.

ICE MACHINE

Icing is very important, helps reduce inflammation, and improve pain control. You may wish to purchase or rent one of the commercially available ice machines (GameReady®, AirCast®, Cothera®, etc.). These are rarely covered by insurance, so they may result in out-of-pocket costs (typically \$225-\$350). You may choose whichever option you prefer. Most patients who use one of these ice machines are very happy with their investment.

OBTAIN IMAGING STUDIES

Bring any imaging studies (X-ray, MRI, or CT scan) performed outside of Endeavor with you on the day of surgery.

Preoperative Timeline

PREPARING FOR SURGERY

- Schedule Surgery
- Determine checklist (page8)
- Arrange escort
- Arrange for ice machine(optional)
- Obtain medical testing (ifapplicable)
- Obtain medical results (ifapplicable)

DAY BEFORE SURGERY

- Receive call from ASC with definitive operative time and final instructions (between 8am and 2pm)
- Wash body with Hibiclens (details on page 5)
- Do NOT eat or drink anything within 8 hours of planned procedure

Day Before Surgery

WASH BODY WITH HIBICLENS: Hibiclens is a special type of soap that kills germs on contact and can continue working for up to 24 hours. It can be purchased at your local pharmacy (www.hibiclens.com) without a prescription. Hibiclens kills the bacteria on your skin that can cause infection after surgery. It is gentle enough for sensitive skin and has been shown to reduce infection rates. Do NOT use if you have an allergy to chlorohexidine gluconate. Below are instructions for its use:



- Wash your hair first using regular shampoo.
- Rinse hair and body thoroughly with warm water to remove any shampoo residue.
- Move away from the shower stream when applying Hibiclens to avoid it rinsing off too soon.
- Apply Hibiclens directly on your skin or using a wet washcloth.
- Allow Hibiclens to sit on your skin for 2-5 minutes
- Rinse thoroughly with warm water.
- Do NOT use regular soap after applying and rinsing Hibiclens.
- Do NOT apply any lotions to your skin.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE YOUR SURGERY unless specifically instructed by an Endeavor representative. Please note your surgery will be canceled by anesthesia if these instructions are not followed.

DAY OF PROCEDURE ARRIVAL TIME: You will receive a call from a member of the Endeavor staff on the day before your surgery regarding the time of the procedure and when you need to arrive. In general, you should plan on arriving at the surgery center 2 hours prior to the surgery start time.

- If you have not heard from Endeavor by 2pm the day before your scheduled surgery, please call (224) 251-2467, and explain that you are awaiting pre-surgical instruction.
- The Ambulatory Surgery Center (not our office) determines the surgical schedule. As such, changes/delays in your operating room time may occur due to unforeseen emergencies. Please be understanding of the dynamic nature of the operating room schedule.

DAY OF SURGERY

- Bring small bag
- Pregnancy test (women)
- History and physical exam
- Meet with Dr. Lamplot
- Meet with anesthesiologist
- Fitted for sling/brace (if applicable)

AFTER SURGERY

- Monitoring in recovery room
- Will be provided:
 - * Detailed postoperative instructions
 - * Prescription medications
 - * Physical therapy (if applicable)
- Return to work/school (3-7 days, but variable)
- First postoperative appointment (10-14 days)

Day of Surgery

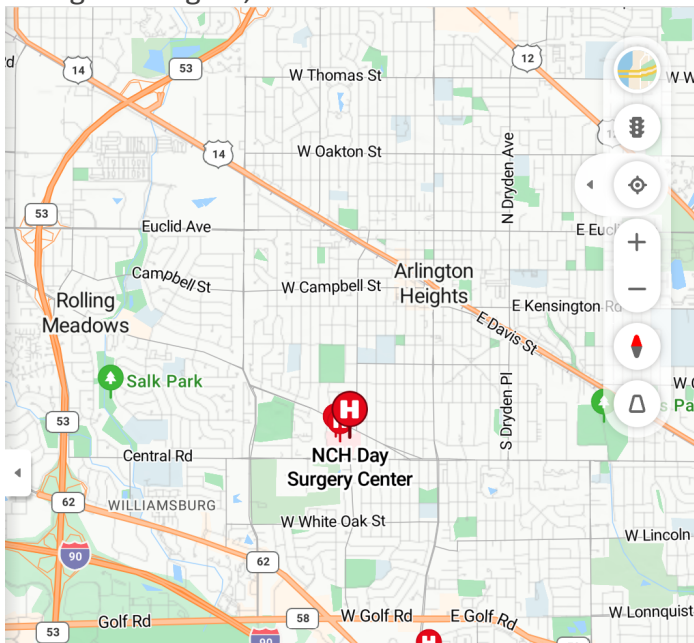
WHAT TO BRING

- ✓ One small bag, which will be securely stored during surgery
- ✓ Verification of Identity: Bring government-issued identification as well as all insurance cards
- ✓ List of Medications: Including prescribed, over-the counter, and herbals
- ✓ Immunization Records: Mandatory for those younger than 18 years
- ✓ Telephone numbers of people you would like to call
- ✓ Primary Care Physician's (PCP's) Contact Info

WHERE TO GO:

Address:

675 W. Kirchoff Rd.
Arlington Heights, IL 60005



WHAT TO WEAR: We recommend that you wear comfortable clothes and shoes to arrive. If you have long hair, please tie it back with a rubber band. Hair should be free of sprays or gels. You will be provided with a gown and socks to change into. You will be able to leave your undergarments on as long as they are not bulky. Females, you will be asked to remove your bra. We use the utmost discretion in the operating room and will make sure that you are properly covered and decent at all times.

Shoulder Surgery: Wear a shirt that buttons or zips up. These will be the easiest to get in and out of after surgery. Females, bras will be difficult and uncomfortable to wear initially after surgery - shirts with built-in bras or tank tops are a great alternative until your shoulder is no longer painful. Please do not wear deodorant or antiperspirants on the surgical side.

Knee Surgery: Bring or wear loose fitting bottoms. After surgery you may have a large knee brace or bulky wound dressing that you need to be able fit under your pants. Undergarments as long as they are not bulky or long in length can be kept on under your surgical gown during surgery.

Valuables: Please leave all valuables (money and jewelry) at home. To prevent having your glasses, contacts, and dental appliances from being lost, please give them to your designated family member who accompanies you to the preoperative holding area.

ARRIVAL AND EVENTS: You will check in with the front desk. When the pre-operative nurses are ready for you, they will bring you to the pre-operative suite. Once you are changed, you will begin to meet the team taking care of you. You will meet with the anesthesiologist and discuss any concerns that you have about anesthesia or nerve blocks. Dr. Lamplot will also visit with you, sign the surgical site, and review the surgical plan. If you did not sign your surgical consent, you will do so at that time. Once you have met everyone and the room is ready, you will be rolled back to the operating room. There, you will meet additional staff that will help take care of you. They will introduce themselves and help transfer you over to a smaller table and make sure that you are comfortable for surgery. The anesthesiology team will then administer additional medication to help you relax before sedating you for surgery.

PREGNANCY TEST: Mandatory for all women who are menstruating and menopausal women who have menstruated within the preceding year.

HISTORY AND PHYSICAL EXAMINATION: Will be performed by an Endeavor physician or advanced practitioner (nurse practitioner, physician assistant, or athletic trainer)

DR. LAMPLOT WILL MEET WITH YOU BEFORE SURGERY, confirm the planned surgical procedure, answer any remaining questions, and mark the operative site with his initials.

ANESTHESIA: You will meet with the anesthesiologist prior to surgery and have the opportunity to ask questions about the type of anesthesia that you will be receiving.

- Regional (nerve block) Anesthesia: A technique where a portion of the patient's body is rendered insensitive (numb) so that you do not feel any pain during surgery. You will also be given sedation so that you sleep through the procedure but continue to breathe on your own. We prefer regional anesthesia for most patients.
- General Anesthesia: You are completely asleep during the procedure and require a breathing (endotracheal) tube.

After Surgery

RECOVERY ROOM (PACU): When you wake up you may be in a brace/sling/splint in the recovery area. Your loved ones will have spoken with Dr. Lamplot about the details of your surgery and the nurses will begin to get you comfortable and ready to leave. Dr. Lamplot will always speak to you in the recovery room, but due to the anesthesia you may not remember. The anesthesia team and nursing staff will monitor your postoperative care and your return to full awareness. Regardless of the type of anesthesia performed, you will stay at the hospital or surgery center until your condition is stable and you are safe to leave.

POSTOPERATIVE INSTRUCTIONS: You will be provided detailed postoperative instructions after surgery.

PRESCRIPTIONS: You will be given prescriptions for pain medication and any other required medications after surgery. Some medications will be sent to your pharmacy ahead of time, please feel free to pick them up but you will NOT need to take any of these medications prior to surgery unless otherwise directed by Dr. Lamplot. Narcotic pain medication will be provided on a paper prescription day of surgery and will need to be picked up.

DISCHARGE: In order to be considered safe to go home, you must be able to stand up and walk without feeling dizzy or lightheaded, tolerate food and drink, and be able to urinate. When you are considered safe to leave, the person escorting you home will be asked to bring the car to the main hospital or surgery center entrance. Endeavor surgical personnel will escort you to the car and assist with your departure.

PHONE CALL: You will receive a call the day after surgery to check on you and answer questions.

FIRST POSTOPERATIVE VISIT: Typically occurs 14 days after surgery. The appointment will be made for you on the day of surgery and will be written on your discharge instructions. Please call the office ASAP if you are unable to make your assigned time. Please note that post-operative appointments are conducted by the Clinical Athletic Trainers, and Dr. Lamplot may not be present at this first visit. Dr. Lamplot is thoroughly informed of each and every post-op patient's progress, and the post-operative plan is discussed prior to the patient's arrival. You will see Dr. Lamplot at your second post-operative appointment, approximately 3-4 weeks after your surgery. Should you have any questions or concerns about this process, please let the office staff or Dr. Lamplot know.

Returning To Work Or School

- This varies widely by patient and type of surgery performed.
- Many patients are able to return to sedentary work or school 3-7 days after surgery.
- You must no longer be taking narcotic pain medication during work/school hours in order to return.
- Dr. Lamplot will determine when you may return to more physically rigorous demands such as manual labor.
- If you require any specific letters for work or school, please let us know. We are happy to help.

Billing

The surgical fee will include two to three post-operative visits within 90 days of surgery. If you have any questions and would like to speak with someone from the billing department please call our office at (847) 618-4780

Preoperative Checklist

Name of Procedure: _____

Date of Procedure: _____

☐ Preoperative Testing/Medical Clearance Required

Date of Preoperative Testing: _____

Location of Preoperative Testing: _____

Name of Doctor: _____

☐ Other Specialty Clearance Required

☐ Cardiology

☐ Rheumatology

☐ Neurology

☐ Hematology

☐ Other: _____



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