



MATTHEW A. BERNSTEIN, MD

ORTHOPEDIC HAND & UPPER EXTREMITY SURGEON

GENERIC PREOPERATIVE INSTRUCTIONS

Dr. Bernstein's surgery scheduler, **ROXANE FANELLA (847) 285-4381** will contact you within 2 business days to schedule your procedure. She will discuss available dates and facilities for your procedure. If you do not receive a call within 2 business days, please call to inquire at the clinical team number listed above.

The Hospital or Surgery Center (locations listed below) will contact you ONE BUSINESS DAY prior to surgery with your confirmed surgery time as well as time for arrival.

Schaumburg Surgery Center (SSC)
929 W. Higgins Rd Schaumburg, IL 60195
2nd Floor

847-285-4350

Northwest Community Hospital Day Surgery Center
800 W. Central Road, Arlington Heights

847-618-1000



To learn more about preparing for your upcoming surgery,
please scan this QR code.

Medications you may be taking:

- If you are taking an anti-inflammatory or aspirin, it is recommended (if you are able) to stop them **FIVE** days prior to surgery, except for Celebrex (which you may continue to take).
- If deemed safe by your Internist or Cardiologist, it is recommended that you discontinue blood thinner medications prior to surgery (Coumadin, Plavix, aspirin, etc), unless instructed otherwise. PLEASE NOTIFY DR. BERNSTEIN'S CLINICAL TEAM IF YOU ARE NOT AUTHORIZED TO DISCONTINUE BLOOD THINNER MEDICATIONS PREOPERATIVELY.



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Prior to Surgery:

- **For any procedures requiring Anesthesia/Twilight/Sedation, DO NOT eat or drink anything after midnight the night before your surgery.** This includes coffee, tea, gum, candy, mints, cough drops, etc. Failure to do so may result in a delay or cancellation of your surgery.
- If you take daily medications for high blood pressure or other medical conditions, you may and should take these early on the morning of surgery with a SMALL sips of water.
- Make sure you have called the facility to pre-register, if required.
- *If your procedure is done under LOCAL anesthesia without sedation, there are no preoperative dietary restrictions.*

Postoperative Prescriptions:

- All prescriptions will be given prior to or at the time of surgery.
- **Most outpatient hand and upper extremity surgical procedures can be managed without the use of narcotics postop.** Please use the below Pain Management Protocol, which will minimize your need for narcotic pain medications.

Pain Management Protocol

This protocol is superior to addictive medications for orthopedic injuries/surgery

1. From your pharmacy, purchase the following over-the-counter medications:
 - a. Aleve 220 mg OR Advil 200mg (do not purchase both)
 - b. Tylenol Arthritis 650mg


2. Directions:

Take ONE of these:

Medication	Start Taking:	How Often?	Timing	Max
	Morning of Surgery or Immediately after Injury	2 times per day	<input checked="" type="checkbox"/> 6am <input checked="" type="checkbox"/> 6pm	4 per day (880 mg)
	Morning of Surgery or Immediately after Injury	4 times per day	<input checked="" type="checkbox"/> 6am <input checked="" type="checkbox"/> noon <input checked="" type="checkbox"/> 6pm <input checked="" type="checkbox"/> midnight	12 per day (2,400mg)

Pick 1

AND take this:

Medication	Start Taking:	How Often?	Timing	Max
	If pain is severe, start 4-6 hours after Aleve	3 times per day	<input checked="" type="checkbox"/> 2pm <input checked="" type="checkbox"/> 10pm <input checked="" type="checkbox"/> 6am	4 per day (2600mg)

***Tylenol Arthritis plus Aleve is a case of 1+1=3, not 2.
They work together as a team to make each other stronger.***

- Depending on your surgery type, these may include antibiotics (Cephalexin, Clindamycin), anti-nausea medication (Zofran, Compazine), or pain medication (Tramadol, Norco).



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Day of Surgery:

- **You cannot drive yourself home from surgery.** *The exception would be if your surgery is being done under local anesthesia only.* Please arrange for someone over the age of 18 to take you home.
- If the patient is a minor (under the age of 18), they must be accompanied by a parent or legal guardian.

Preoperative Appointment:

- Depending on your surgery type, you may be notified by our office to schedule a preoperative visit about 2 weeks prior to your surgery.
- The purpose of this visit is to receive medication prescriptions, therapy orders/protocols, work notes, discuss what to expect, and go through any questions you may have.
- This visit will be with Katie Pope, Physician Assistant – Certified (PAC).

Postoperative Appointments:

- Depending on your surgery type, you may be notified by our office to schedule an initial postoperative visit in 3-5 days with our Hand Therapists. The purpose of this visit is to perform your first dressing change with you, provide you instruction on dressing changes, incision care, and home exercises.
- Your first postoperative orthopedic appointment will be with Katie Pope, PAC. This will be 10-15 days from the day of surgery. **Please schedule this appointment prior to surgery.**
- ***If you have any questions, please call Dr. Bernstein's team at (847) 285-4303.***

**POSTOPERATIVE INSTRUCTIONS MAY BE ACCESSED
BY SCANNING THE QR CODE BELOW:**





SURGICAL DEPOSIT POLICY

It is important to us that our patients fully understand their financial obligations, along with our payment policies prior to undergoing surgery or a procedure with Barrington Orthopedic Specialists, Ltd.

When you schedule surgery, we must reserve time in the operating room at the chosen facility. We ask that you be definite about your desire for surgery, and certain you have the funds available before scheduling your surgery.

1. Scheduling: you will receive a call from the clinical surgical coordinator and placed on the physician's surgical schedule.
2. Once scheduled our pre-certification team will start the process of obtaining your insurance benefits and start the prior authorization process with your insurance plan.
3. If it is determined that you have an outstanding deductible and/or coinsurance remaining, you will be contacted by our customer service team to discuss your estimated financial responsibility for your upcoming surgery and to collect a deposit to hold your surgery date. It is important to remember that this is an estimate, and while we will do our best to give you the most accurate number, there are many variables which could change the estimate amount. ***Please note facility and anesthesia charges will be billed separately by the facility, and the facility may have a deposit requirement separate from our own.***
4. In order to keep your surgery time, you will be required to pay your surgery deposit no less than three days prior to your scheduled surgery date. Failure to pay may result in your surgery being rescheduled.
5. Any remaining balance is due in full upon receipt of your statement.

For questions, please contact our customer service department at: **(847) 285-4230**

*****Please note a quote of benefits and/or authorization does not guarantee payment or eligibility. Payment of benefits are subject to all terms, conditions, limitations, and exclusions of your insurance contract at the time of service.**



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POSTOPERATIVE COLLAGEN DRESSING PROGRAM

Your physician has chosen a collagen dressing to maximize your wound healing after surgery. Collagen is an essential component for wound healing after surgery because it helps rebuild damaged tissue and reduce inflammation and scarring.



HOW TO USE THE DRESSINGS

Your physician team will provide you with instructions specific to your surgical procedure. Once instructed to begin using the dressings, please follow the directions below:

1

APPLY THE COLLAGEN PAD TO THE SURGICAL AREA

- *DO NOT remove any sutures, staples or prineo dressings.
- *It is OK to cut the collagen pad to fit the length of your incision.

2

COVER THE COLLAGEN PAD WITH THE ADHESIVE DRESSING

- *Press the edges down to secure the dressing.

3

REPEAT THIS PROCESS EACH DAY UNTIL WOUND SUPPLIES ARE EXHAUSTED OR YOUR WOUND HAS HEALED

INSURANCE & PATIENT RESPONSIBILITY

- *Use of the dressing requires insurance approval.
- *If your insurance denies the dressing, you will not receive the product.
- *Your team will work with your insurance company to avoid any out-of-pocket cost.
- *In rare cases where a patient incurs a cost, we will work with you on a payment plan.
- *If the cost exceeds \$200 you will be excluded from receiving the dressings.