



SEAN E. JEREB, MD
ORTHOPEDIC SPORTS MEDICINE SURGEON

DR. JEREB'S PRE-OPERATIVE INSTRUCTIONS

Patient:

Date of Surgery: Katie or Roxane will call you within 72 hours to schedule your surgery

Arrival Time: Hospital will call 1-2 days before surgery

Your surgery will be at one of the following locations:

Schaumburg Surgery Center

929 W. Higgins Road
Schaumburg, IL 60195
(Upper level of Barrington
Orthopedic Specialists Building)

Phone: 847-285-4350

Web: www.barringtonortho.com/surgery-center

St. Alexius Medical Center

1555 Barrington Road
Hoffman Estates, IL

Phone: 847-843-2000

Web: www.alexianbrothershealth.org

1. If you are taking an anti-inflammatory or aspirin, please stop **SEVEN** days prior to surgery, with the exception of Celebrex. Also, if you take any vitamins or ginkgo please stop taking these medications.
2. **DO NOT** eat or drink anything after midnight the night before your surgery. This includes water, 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 any medication for high blood pressure or a cardiac condition, you may take these early on the morning of surgery with a SMALL sip of water.
3. **Knee surgery patients:** Please wear shorts, sweats or other loose fitting clothing to go over your postop bandages and possible brace. If you have crutches, please bring them with you to surgery. If not, they will be provided to you.

4. **Shoulder surgery patients:** You will either be in a sling or immobilizer following surgery. Please wear a loose fitting, preferably button up or zip up, shirt to assure your comfort and ease following surgery.
5. If you are currently taking any form of diet pill, whether it is prescription or over-the-counter, please inform the office. You must stop taking any diet pill at least 14 days prior to surgery. Failure to do so may result in delay or cancellation of your surgery secondary to the risk of heart problems that may arise during surgery.
6. The first postoperative appointment will need to be made 6-10 days from the day of surgery, unless Dr. Jereb tells you otherwise. You may schedule this appointment prior to surgery.
7. Patients having ligament reconstruction surgery or significant implants placed should not have dental work for six weeks after surgery due to increased risk of infection.
8. Please notify the office if you are taking any type of medication that is a blood thinner (Coumadin, Plavix, aspirin, etc.), if you are diabetic, take high blood pressure medication or have any cardiac condition.
9. All prescription medications must be reviewed with your prescribing doctor to find out if/when you need to stop taking them. Please wait to schedule your appointment with your primary doctor until your surgery has been scheduled. The scheduler will review all instructions with you.
10. If you have any type of abrasion, insect bite, rash, etc., located in the surgical area, your surgery may need to be postponed for your safety.
11. If the patient is a minor (under the age of 18), he or she must be accompanied by a parent or legal guardian. Guardians must have the appropriate legal documents to verify their legal guardian status.
12. **You cannot drive yourself home from surgery.** Please arrange for someone over the age of 18 to take you home.
13. You will be given a folder on the day of your surgery with post-op instructions, prescriptions, and your physical therapy orders (if needed). Please read these once you get home and have a friend or family member review them with you.

If you have any questions, please call Dr. Jereb's clinical assistant at 847-285-4317.