



## Preparing for your upcoming joint replacement surgery:

- It is a requirement to get medically cleared by a RUSH Internist prior to surgery. A medical appointment will be scheduled for you to be completed 3 weeks before surgery. Should you need to change this appointment, you can contact RUSH Center for Preoperative Medicine (**Chicago location**) at (312) 942-4300 or (630) 724-1300 option #1 for primary care (**Hinsdale location**) and ask to schedule your "preoperative clearance appointment." Notify Dr. Gerlinger's office (312) 432-2429 of the appointment date.
- Review **surgical education class** by video or PowerPoint on Dr. Gerlinger's website at [www.gerlingermid.com](http://www.gerlingermid.com) under "Surgery Information."
- Sign up for Dr. Gerlinger's surgical texts that offer friendly reminders and advice before and after surgery. Text "JOIN" to 312-340-0700 and follow the prompts to enroll.
- Stop all blood thinners, NSAIDS, and vitamins one week before surgery **unless** indicated by a specialist to not (example: Cardiologist recommends patient stops Eliquis 3 days before surgery). Please check with your doctor if you are unsure.
- Wash the surgical site with Hibiclens (or chlorhexidine gluconate) the night before surgery and morning of surgery. This can be purchased over the counter at any local drugstore like CVS or Walgreens.
- If the patient has any active tooth, gum, or bladder infections, please notify Dr. Gerlinger's office. If the patient is sick (example: cold, flu, COVID, etc) surgery should be postponed.
- Patients should follow the hydration protocol which recommends that the patient should finish 500mL of gatorade two hours before scheduled arrival time to the hospital. If diabetic, please replace gatorade with water.
- Physical therapy can begin 7-10 days post op. You will be contacted by Midwest Orthopaedics outpatient physical therapy in the home (OPITH) approximately 1 week before your surgery to schedule post operative PT in the home for 2 weeks. Your OPITH physical therapist will work to transition you to an outpatient physical therapy clinic. Dr. Gerlinger strongly recommends outpatient physical therapy at a Midwest Orthopaedics at Rush location. If you live out of state or out of the MOR service area, you will be responsible for setting up outpatient physical therapy at the clinic 7 days post op.

### What to bring to surgery:

- Insurance cards and driver's license/identification card
- Loose fitted clothing
- Assistive device like crutches or walker. If the patient does not have an assistive device, one will be issued prior to discharge from the hospital.

**\*\*You will receive a phone call from the surgical department the business day before your surgery giving you the time of your procedure, time of arrival, and time to stop eating and drinking.\*\***

More information can be found on Dr. Gerlinger's website at [www.gerlingermid.com](http://www.gerlingermid.com) under "Surgery Information" or contact Dr. Gerlinger's office directly at (312) 432-2429 for other questions or concerns.