



Dr. Joshua Alpert Pre-Operative Surgery Instructions

**All surgeries should be scheduled with Dr. Alpert's assistant
Nikki Petty at 224.293.1170.**

Within 30 days of surgery date:

- **All patients will require medical clearance from their primary care physician, ensuring that you are in adequate health to undergo surgery.**
- If our office has indicated clearance is required, please make an appointment for a pre-operative office visit directly with your primary care physician. A history, physical examination, and lab work will be done at this time.
- Please keep in mind that it may take several days to get lab results, so please schedule accordingly to avoid delays that may force a cancellation of surgery.
- In most instances, a chest x-ray and an electrocardiogram (EKG) will also need to take place in the days prior to surgery.

The day before surgery:

- The Surgical Day Care Unit or surgery center will call you to confirm the time of your surgery. Please plan to be at the surgical facility at least 1-2 hours before your surgical start time.
- Please do not eat or drink anything after midnight the day prior to your surgery.
- Please do not eat or drink anything the day of your surgery.

If you have questions or need clarification about any of these instructions,
please contact Nikki Petty at 224.293.1170.

Fox Valley Orthopedics
420 W. Northwest Highway
Barrington, IL 60010
847.382.6766

Fox Valley Orthopedics
1710 Randall Road
Elgin, IL 60123
224.293.1170