



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:

- Any patient over 50 and/or any patient who has pre-existing medical conditions (such as high blood pressure, diabetes, etc.) will need medical clearance from their primary care physician.
- Please make an appointment for a pre-operative office visit regarding medical clearance for surgery directly with your primary care physician. A history, physical examination, and lab work will be done to confirm that you are in adequate health to undergo surgery.
- Please keep in mind that it may take several days to get lab results, so 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.
- Patients under 50 and/or those who have no pre-existing medical conditions generally do not need to see their primary care physician or get pre-operative testing.

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
W. Northwest Highway
Barrington, IL 60010
847.382.6766

Fox Valley Orthopedics420
1710 Randall Road
Elgin, IL 60123
224.293.1170