



Surgery Scheduler
Shucinta Birge
P: 630-824-1649
F:630-348-3910

Hello,

Thank you for letting us take care of you here at Duly Health and Care. Please review the following information for your scheduled procedure.

You are scheduled with Dr. Kester to undergo _____

Pre-Op (before surgery):

COVID-19 Instructions: You are required to complete a COVID-19 test. A nurse from the surgery center will contact you by phone or via MyChart messaging to advise you when this should be completed.

Documentation pertaining to your surgery will be submitted to our referral department. Please be sure to notify us of any changes to your insurance prior to your scheduled procedure.

Pre-operative testing will be discussed during the call you receive from one of our surgical coordinators. If medical clearance, is required, please be sure to obtain within 30 days, but no later than the week before your scheduled procedure.

It is recommended that you discontinue the following medications prior to surgery:

-Aspirin and other blood thinners (Plavix, Coumadin, Xarelto etc.) should be discontinued 7 days before surgery. Discuss this with the health care provider that manages these medications (usually your family physician or cardiologist/hematologist). They will need to tell you when to stop and when to re-start the medication after the procedure. Discontinuing the medication depends on your medical condition, surgery, and past medical history.

-Avoid taking anti-inflammatory medications also known as NSAIDS (Ibuprofen, Naproxen, Aleve, Advil, Motrin, etc.) 7 days prior to surgery. Prior to certain lower risk procedures that use a tourniquet to control bleeding,



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you may continue use of these medications. If you are using them for preoperative pain relief, do not hesitate to ask Dr. Kester's office if it is OK to continue.

-Discontinue herbal medicines, vitamins, multi-vitamins, and any other supplements 7 days prior to surgery.

-Any dietary supplements and/or weight loss medications should be discontinued 14 days prior to surgery. As they may interact with anesthesia or lead to increased bleeding.

-For Diabetic patients: The following SGLT-2 Inhibitors should be discontinued 4 days prior to surgery, as they may cause an adverse reaction to anesthesia.

*INVOKANA (CANAGLIFLOZIN)

*FARXIGA (DAPAGLIFLOZIN)

*JARDIANCE (EMPAGLIFOZIN)

*STEGLATRO (ERTUGLIFLOZIN)

The SGLT-2 Inhibitors block glucose absorption in the kidney. This pharmacology combined with the physiology of the surgical stress response, volume depletion, and carbohydrate deficiency contribute to the occurrence of SGLT Inhibitor-Induced Euglycemic Diabetic Ketoacidosis. This condition is rare, but a complicated clinical scenario to identify and manage.

Day of surgery:

NO food and NO drink the day of surgery unless otherwise instructed. *Depending on the time of your procedure* you may be allowed to drink clear liquids early in the day. You will be informed by the surgery center or hospital the day prior to your procedure on the details of this requirement.

If you have an illness such as a cold, sore throat or stomach or bowel upset, please notify Gloria and clinical staff as soon as possible.

Contact lenses, jewelry piercings in and around the mouth, and dentures must be removed at the time of surgery. If you have acrylic nails, please remove one nail from any finger, as our oxygen monitoring sensors do not penetrate acrylic nails.

A driver will be needed to and from surgery.



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You may be prescribed durable medical equipment for postoperative use. Equipment may include a brace, sling, ice compression device, or TENS unit. It is recommended that you use the equipment prescribed to facilitate your post operative recovery and rehabilitation.

If you are unclear as to the equipment that may be prescribed for you following surgery, please call the office. Following the surgery, we recommend that you contact the DME company directly with any concerns.

What to bring to surgery:

- Photo ID
- Insurance Card
- Friend or family member who will be available the entire time and take you home after surgery
- Wear comfortable, loose fitting clothing
- If you have any durable medical equipment provided prior to your surgical date, such as braces/crutches, sling, or icing units, please bring to the surgical facility.

*Any medications needed post-operatively will be sent to your pharmacy the day before surgery. Please confirm with Dr. Kester's athletic trainer that the correct pharmacy is in your MyChart.

Post-op (after surgery):

Recovering from any surgery involves pain and discomfort. Dr. Kester's approach to pain management can help reduce your discomfort. Pain management, however, begins with you. Since no objective tests exist to measure what you are feeling, you must help the staff by describing the pain, pinpointing its location and judging its intensity, as well as reporting any changes. Pain may be constant or sporadic, as well as sharp, burning, tingling, or aching.

Tips for Effective Pain Management:

- Take your pain medication as prescribed, but expect to use less after the first week or so.
- Take your pain medication before the pain becomes severe. Use cold therapy to reduce discomfort.
- If you are experiencing unpleasant side effects, please do not hesitate to call the office.
- If you are taking pain medication, avoid alcoholic beverages.



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Wound Management:

- Maintain your operative dressing. If the bandage is tight, you may loosen it as needed.
- It is normal for the incisions to bleed and swell following surgery. If blood soaks onto the dressing, do not become alarmed, reinforce with additional dressing. If it continues to soak through the reinforcements please call our office.
- To avoid infection, please keep the dressings in place for 72 hours after your surgery. After this you may remove them and shower, unless otherwise instructed. Please no soaking the wound in baths or hot tubs until 2-3 weeks from the date of surgery.
- Keep surgical incisions clean, dry, and covered for the first 7-14 days following surgery, before your first post-op appointment
- You may shower by placing a plastic barrier over your surgical site beginning the day after surgery.
- Please do not place any ointments, lotions, or creams directly over the incisions.
- Sutures or staples will be removed at your first post-op appointment.

Signs and Symptoms of Infection:

- Yellow or green pus or drainage
- Fever or chills
- Bad smell coming from the surgical site.

*If you experience these symptoms, please call the office right away.

***Worsening Pain, redness, hot to the touch:** *These are normal findings after surgery and may actually increase in the first 1-3 days. If however they worsen beyond three days then please call the office or send pictures through MyChart.**

Following surgery, most patients develop swelling in the operated leg or arm. Although the amount of swelling can vary from patient to patient, the swelling itself, in the leg, knee, ankle, or foot, is normal and may be accompanied by "black and blue" bruising that will usually resolve gradually over several weeks. Do not be alarmed if bruising is severe in the extremity at sites distant from the surgery (e.g. in the hand/foot for procedures done in the elbow or knee).



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Dr. Kester's athletic trainer will provide you with a home exercise program for the first 7-14 days after surgery. Typically you will receive a formal physical therapy order at your first post-operative appointment. On occasion, this will be given preoperatively if you are to start therapy immediately after surgery.

Billing Inquiries: Any questions regarding billing should be directed to Duly Health and Care/ DuPage Medical Group billing department at 630-545-3080 option #2. Please note, you may receive separate billing statements which can include the hospital or facility charges, anesthesia and physician services, lab services, DME (Durable Medical Equipment), and any other services associated with your surgery. Please be sure to contact your insurance for any questions regarding in and/or out-of-network benefit coverage. During the 90 days from the date of surgery you will not be required to pay a co-payment for your visits with the Surgeon/PA that performed the surgery, as this care is considered part of your surgical care. This does not include ancillary care/supplies, PCP visits. After the global period (90 days) you will resume co-payments per your health insurance plan.

Have new insurance? Please be sure to update any new insurance policies by contacting our registration department at 630-328-2370, to avoid delay in approvals for your scheduled procedure. We will not be able to proceed if an approval is not obtained by your insurance carrier, prior to your scheduled surgery date.

If after surgery, you have medical or medication questions, please contact your physician's office.

Thank you!

Dr. Benjamin Kester's team:

Shucinta Birge - Surgery Scheduler (630) 824-1649.

Alex Griffin- Athletic Trainer alexandria.griffin@dulyhealthandcare.com

Orthopedics office mainline (630) 790-1872.



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