

Dr. Jorge Chahla

Orthopedics Sports Medicine Surgery
Shoulder, Knee, Elbow and Hip



Dear Valued Patient,

Thank you for allowing me to take care you or your loved one. Providing an excellent and unparalleled experience in your surgical experience is most important to me. I've prepared this Surgical to assist in preparation of your upcoming treatment.

The information provided is designed for preoperative patient education to best prepare for the important steps ahead.

Please thoroughly read through all necessary sections to appropriately prepare for your treatment day. My team and I hope that you find this information educational and helpful as we prepare for a better, active life. If you have any questions, you may contact my Administrative Assistance, Rosaura Garcia at (312)432-2531 or Chahlaadmin@rushortho.com

Sincerely,

Jorge Chahla, MD, PHD

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Important Contact Information

Administrative Assistant

Email: ChahlaAdmin@Rushortho.com

Phone: (312) 432 – 2531

Scheduling

Sports Medicine Scheduling
 (708) 236 – 2701

Other Important Numbers

Billing Questions: (708) 236 – 2607

Medical Record Requests: (312) 432 – 2316

Pre-operative instructions for patients undergoing surgery

PREPARING FOR SURGERY

Do I need Pre-Operative Medical Clearance?

All patients over 40 years of age, and any patients with diagnosed medical health problems, are required to obtain preoperative medical clearance from their PCC (Primary Care Clinician).

If patient is cared for by any specialists such as a pulmonologist, cardiologist, or endocrinologist (etc.), patient will need to obtain additional clearance from the respective specialist. If patient's PCC requires additional screening after initial evaluation, it will be required that additional testing is obtained prior to proceeding with surgery.

Medical clearance results may be faxed to (708) 409-5179, Attn: Dr. Jorge Chahla Office.

Medical clearance must be obtained 7 days prior to surgery. Failure to obtain medical clearance may result in cancellation of surgical procedure for the safety of the patient.

Medications to Stop Before Surgery

14 days before surgery, you need to stop:

- Any Narcotics (such as Vicodin, Norco, Darvocet, Percocet or Oxycontin)
- Advil to aspirin like products to stop 14 days before surgery

7 - 10 days before, you need to stop:

- Any medications prescribed by your physician, please consult before stopping prior surgery (example: Plavix, Coumadin, Warfarin, prescribed Aspirin)

Medications cleared to take prior to surgery:

- Tylenol
- Celebrex
- Glucosamine Chondroitin Sulfate
- Daily Vitamins

On the Morning of Surgery

- Take only prescribed medications instructed to be continued by your PCC, such as for hypertension (high blood pressure) or arrhythmias (irregular heartbeat).
- If you use an inhaler, please bring it with you
- If you are taking diabetic medications, you should check with your PCC to determine if you should take these medications on the morning of surgery.

If you are taking any other medications that are not listed, **please consult with your internist prior to surgery to determine if you should continue taking the medication** or to see when you should stop and resume the medication.

LEADING UP TO SURGERY

- Do NOT eat or drink anything after mid night prior to your surgical date.
- You MUST have a family member or friend to accompany you to and from the facility the day of surgery.
- Appropriate stop all medication unless otherwise indicated by PCC, Dr. Jorge Chahla, or his surgical team. If you are unsure if a medication should be discontinued, please contact office directly at **(312) 432-2531** or email at **ChahlaAdmin@RushOrtho.com**.
- Plan for transportation home or to hotel at time of expected discharge.
- Remember to adjust your work/social schedule accordingly during your anticipated recovery time.
- While taking narcotic pain medication, you will not be permitted to drive. You may need to arrange for transportation to your initial follow-up visit.
- Plan your Initial Post Operative to be 7-14 days after surgery with Dr. Jorge Chahla (if not instructed otherwise). If you need to set up your appointment, please call **(708) 236-2701**.

What should I 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
- Shoulder/elbow surgery: zip-up or button down shirt
- Knee surgery: loose fitting pants or shorts
- Hip surgery: loose fitting pants or shorts
- If you have any durable medical equipment provided prior to surgical date, such as brace/crutches, sling or icing units, please bring to surgical facility.

Please leave ALL valuables at home

How Will I Know When to Arrive for Surgery?

The appropriate surgical facility will contact you a call the day before surgery to notify you of your arrival time/ surgical time.

- Gold Coast SurgiCenter: (312) 521-5500
- Munster Specialty Surgery Center, LLC: (219) 595-0789
- Rush Oak Park Hospital: (708) 660-4800
- Rush Oak Brook Surgery Center:(630) 990-2212
- Rush Surgicenter: (312) 563-2880

If you have not been contacted by mid-day the day prior to your surgery date, please call Dr. Chahla's office at (312)432-2531 and email ChahlaAdmin@RushOrtho.com.

If you are traveling from out of town, please call the hospital (numbers above) and let them know how they can reach you in regards to your surgical time. Let them know your cell phone number and where you will be staying the night before your surgery.

Acknowledgement of Patient Responsibility

You are currently scheduled for surgery with Dr. Jorge Chahla and may be prescribed durable medical equipment for use post operative. Equipment may include a brace, Continuous Passive Motion (CPM) Machine, Ultrasling (shoulder), brace, Continuous Passive Motion (CPM) Machine (hip) or an ice compression device (knee, elbow or shoulder). It is recommended that you use the equipment prescribed to facilitate your postoperative recovery and rehabilitation. We believe that when prescribed, these devices are an integral part of achieving a successful outcome.

Miomed, Motion Medical Technologies and Midwest Orthopaedics at Rush are the primary companies that our office works with to provide equipment if it is deemed medically necessary by Dr. Chahla. Other companies may also provide similar equipment. Prior to your surgery, our office will submit your insurance and pertinent clinical information to the appropriate company so that they can verify your insurance benefits. Their staff will attempt to contact you prior to surgery to discuss your insurance coverage and the possibility of "out-of-pocket" expenses. Out-of-pocket expenses will depend on the terms of your individual insurance policy. Please understand that by its very nature, insurance is considered "risk sharing" and most carriers will not cover all aspects of your peri-operative care leaving some expenses for patient responsibility.

Following your surgery, if the insurance does not cover the prescribed equipment, the company will submit a letter of medical necessity to your insurance to appeal this decision. There is no guarantee of payment and certain insurance policies will not cover equipment, regardless of the significant benefit and medical necessity. Please contact your insurance company prior to your surgery to verify your Durable Medical Equipment (DME) benefits.

If you are unclear as to what equipment may be prescribed for you following surgery, please call the office of Dr. Chahla at (312) 432-2531. Following surgery, we recommend that you contact the DME company directly with any concerns. You may also contact the equipment companies directly.

Insurance & Financial Obligations

Credit Card Policy

Midwest Orthopaedics at Rush requires a valid credit card or direct bank debit account information prior to services being rendered. Your credit card/bank account will not be charged until 60 days after the services have been processed by your health insurance carrier and the balance has been deemed your responsibility. You will be notified on your statement of any outstanding balances prior to us charging your Credit Card or initiating an ACH payment from your bank

If a valid Credit Card or Bank Account insurance if not provided and you are scheduled to have surgery, a deposit will be required to hold your surgical appointment. The deposit will be applied to whatever patient balances are paid by your health insurance carrier (such as deductibles, co-insurance, co-pays, and/or non-covered services. If the insurance carrier's benefits plus the amount on deposit exceed the amount owed for services, the difference will be refunded back to you.

Anesthesia

General

General anesthesia is used for many types of major surgery. During general anesthesia the entire body, including the brain is anesthetized. The patient has no awareness, feels nothing and remembers nothing of the surgical experience afterward. General anesthesia is administered by injecting a liquid anesthetic into a vein, or by breathing a gas anesthetic flowing from an anesthesia machine to the patient through a mask or tube. A plastic endotracheal tube or a mask placed over the airway is frequently used to administer gas anesthetics. With the tube in place, the airway is protected from aspiration of stomach fluids into the lungs. It is normal to have a slight sore throat after your surgery.

Regional

Injection of anesthetic into the neck region for shoulder and elbow surgery blocks pain impulses before they reach the brain. With this anesthetic, mental alertness is unaffected. Sedation, or even sleep may be offered to make you comfortable throughout the surgical experience. To receive the injection, you lie down while the anesthetic is injected into the neck or shoulder region. To make placement of the needle almost painless, your skin is first numbed with local anesthetic. This anesthetic may last for 6 to 8 hours and sometimes longer. It is important to start taking your postoperative pain medicine as soon as you begin to feel the onset of discomfort or when the numbness begins to wear off.

Your anesthesiologist will speak with you directly before surgery to answer all of your questions and review your choice of anesthesia.

SURGICAL LOCATIONS AND DIRECTIONS

Gold Coast SurgiCenter

845 North Michigan Avenue
 Chicago, IL 60611
 Suite 985W
 Phone: (312) 521-5500
 Fax: (312) 202-0492

From North or South

- I-90/I-94 (Kennedy/Edens/Dan Ryan Expressways)
- Drive toward Chicago Loop, East Bound I-90
- Exit 50B to Ohio St. East
- Turn Left (North) onto N. Orleans St.
- Turn Right (East) onto W. Superior St.
- Turn Left (North) onto N. State St.
- Turn Right (East) onto Pearson St.
- Lake Shore Drive (From South)
- Take S. Lake Shore Drive North Bound
- Turn Left (West) onto E. Chicago Ave.
- Turn Right (North) onto N. Michigan Ave.
- Turn Right (East) onto Pearson St.

From West

- I-290(Eisenhower Expressway)
- Take 290 east towards Chicago.
- Take the Wacker Dr. Exit on right.
- Keep Left, follow signs for Lower Wacker Dr.
- Turn Left (North) at Michigan Ave.
- Turn Left (West) at Grand Ave.
- Turn Right (North) at Rush Street.
- Turn Right (East) at Ohio Street.
- Turn Left (North) at Michigan Ave.
- Turn Right at Pearson.

Parking

- Entrance on Chestnut St. (One way west bound).
- From Pearson, Turn Left(North) on N. Miles Van Der Rohe Way
- Turn Left(West) onto Chestnut
- Entrance on south side of street at down ramp.

Rush Oak Brook Surgery Center

2011 York Road
 Oak Brook, IL 60523
 Phone: (630) 990-2212

From North or South

- I-94 E Southbound
- Merge onto I-294 S., Follow signs for Indiana-O'hare
- Exit towards Cermak Rd/22nd St. Exit
- Take Right at fork, follow signs for Cermak/22nd St.
- Turn Left (West) onto Cermak/22nd St.
- Turn Right (North) onto York Rd.
- Turn Right (East) onto Clearwater Dr.

From Chicago

- Congress Parkway West to West I-290(Eisenhower Exp)
- Merge to I-88 Tollway W/Aurora/I-294 Tollway S.
- Take I-294 Tollway S/Indiana/Tri-State Tollway
- Exit Cermak Rd/22nd St Exit
- Turn Left(west) onto Cermak Rd.
- Turn Right (North) onto York Rd.
- Turn Right (East) onto Clearwater Dr.

From West

- I-88 E toward Chicago
- Take I-294 S. Exit toward Indiana
- Exit 138, follow signs for York Rd.
 Turn Left (East) onto Clearwater Dr.

Parking

- Complimentary Valet Parking available at building entrance.
- Free parking available in parking garage in Patient Designated Area.

Public Transportation

For information call (312) 836-7000 or go to www.rtachicago.com. For hearing impaired TDD (312) 836-4949.

SURGICAL LOCATIONS AND DIRECTIONS

Rush Oak Park Hospital

520 South Maple Avenue
 Oak Park, IL 60304
 Phone: 708-383-9300
 Fax: (708) 383-5673

From North or South

- I-90/I-94 (Kennedy/Edens/Dan Ryan Expressways)
- Drive toward Chicago Loop
- Exit to I-290 (Eisenhower Expressway) to west suburbs
- Exit at Harlem Avenue north (note: exit from left lane)
- At top of ramp, turn right (north) onto Harlem Avenue
- Turn right (east) on Madison Street
- Turn right (south) on Maple Avenue

294 (Tri-State Tollway)

- Follow signs to I-290 east (to Chicago Loop)
- Exit at Harlem Avenue (note: exit from left lane)
- At top of ramp, turn left (north) onto Harlem Avenue
- Turn right (east) on Madison Street
- Turn right (south) on Maple Avenue

From West

- Take I-290 (Eisenhower Expressway) west from downtown Chicago
- Go west toward West Suburbs
- Exit at Harlem Avenue (note: exit from left lane)
- At top of ramp, turn right (north) onto Harlem Avenue
- Turn right (east) on Madison Street
- Turn right (south) on Maple Avenue

From Lakeshore Drive

- Drive toward Chicago Loop
- West on Jackson Boulevard one block
- Turn left (south) onto Columbus Drive
- Turn right (west) onto Congress Parkway (becomes I-290)
- Go west on I-290 (Eisenhower Expressway)
- Exit at Harlem Avenue (note: exit from left lane)
- At top of ramp, turn right (north) onto Harlem Avenue
- Turn right (east) on Madison Street
- Turn right (south) on Maple Avenue

Parking

- Complimentary parking is available around the building.

Rush SurgiCenter

1725 West Harrison Street
 Chicago, IL 60612
 Professional Building, Suite 556, access Elevator III
 Phone: 312-563-2880

From North or South

- I-90/I-94 (Kennedy/Edens/Dan Ryan Expressways)
- Drive toward Chicago Loop
 - Exit I-290 west
 - Exit at Ashland/Paulina
 - At traffic light turn left (south) onto Ashland
 - At 2nd traffic light turn right (west) onto Harrison Street

Lakeshore Drive

- Lake Shore Drive
- Drive toward Chicago Loop
- West on Jackson Boulevard, drive one block
- Turn left (south) onto Columbus Drive
- Right (west) onto Congress Parkway (becomes I-290)
- Exit at Ashland/Paulina
- At traffic light turn left (south) onto Ashland
- At 2nd traffic light turn right (west) onto Harrison Street

From West

I-55 (Stevenson Expressway)

- Drive east toward Chicago Loop
- Follow signs to I-90/I-94
- Exit to I-290 west
- Exit at Ashland/Paulina
- At traffic light turn left (south) onto Ashland
- At 2nd traffic light turn right (west) onto Harrison Street

I-290 (Eisenhower Expressway)

- Drive east toward Chicago Loop
- Exit at Ashland/Paulina
- At 2nd traffic light, turn right (south) onto Ashland
- At next traffic light turn right (west) onto Harrison Street

Post-operative instructions for patients undergoing surgery

FOLLOW UP

Please plan to revisit Dr. Jorge Chahla's office for your initial post operative visit between 7-14 days after surgery (unless an earlier appointment has been recommended by the team). To make an appointment, please call Dr. Chahla's office at (312) 432-2531 or the Sports Medicine Scheduling Department at (708) 236-2701.

Approximately 2 weeks after your surgery, your stitches will be removed and additional treatment in your recovery will be provided, such as prescriptions for physical therapy, additional or alternative braces if needed and educational guidance.

PHYSICAL THERAPY AND POST OPERATIVE REHABILITATION

Physical therapy is a critical part of the postoperative and recovery process. At your first post operative appointment, you will receive a physical therapy script. Our medical staff will advise when to begin PT, which is typically anywhere 1-14 days after surgery. Please note this is a rough estimate, our medical staff may advise a sooner or later time frame be sure to follow their instructions. If you do not have a specific physical therapy facility that you visit Dr. Chahla and his medical team will provide recommendations around the Chicagoland area.

Midwest Orthopaedics at Rush has the following PT/OT facilities.

CHICAGO

Physical and Occupation Therapy
Midwest Orthopaedics at Rush
1611 W. Harrison Ave. Suite 107
Chicago, IL 60612
Phone: (312) 432-2513

OAK PARK

Physical Therapy
Rush Medical Office Building
610 S. Maple Ave., Suite 1550
Oak Park, IL 60304
Phone: (312) 432-2826

MUNSTER

Physical and Occupation Therapy
Midwest Orthopaedics at Rush Munster
Indiana Office
9200 Calumet Ave., Suite S-300
Munster, IN 46321
(West Side of Street)
Phone: (708) 492-5460

OAK BROOK

Physical and Occupation Therapy
Midwest Orthopaedics at Rush Oak Brook
2011 York Road
Oak Brook, IL 60513
Phone: (877) 632-6637

WESTCHESTER

Physical and Occupation Therapy
Prairie Medical Center
2450 S. Wolf Road
Westchester, IL 60154
Phone: (708) 273-8410

Return to Work After Knee Surgery

If you are having a reconstruction or a repair performed (i.e., ACL reconstruction, meniscus repair, cartilage transplant or other larger procedure), you might have a hinged brace on for four to six weeks after surgery. Your weight bearing will be adjusted in accordance with the procedure you had performed. You may be asked by Dr. Chahla to protect your weight bearing for upwards of four to six weeks. During this time you will have two crutches in addition to the brace. Remember that you will likely be on some mild narcotic pain medications postoperatively and these should be discontinued before you return to work or drive. Please note that adjustments may need to be made at work accordingly. Simple adjustments such as a second chair to put your surgical leg on, availability of ice packs, and other “comfort items” can make a significant difference. It is reasonable to return to work safely when you feel like you can do so, as long as you are compliant with the brace recommendations and weight bearing restrictions provided to you by Dr. Chahla after surgery.

After simpler knee surgeries such as knee arthroscopy with meniscectomy, cartilage debridement, etc., it is safe to return to work and be full weight bearing when you can tolerate doing so. You are then only going to be limited by your own soreness, stiffness, and discomfort. Please consider that for physical activities such as squatting, kneeling, climbing, and heavy lifting, you should likely plan to allow for four or more weeks of recovery before returning to these type of activities. If at any point you have questions regarding your return to work processes and postoperative activities, email to Dr. Chahla's office ChahlaAdmin@RushOrtho.com

Return to Work After Shoulder Surgery

If your shoulder surgery involves having a repair performed (e.g., superior labral repair, rotator cuff repair, etc.), you will have a sling on for up to four to six weeks following surgery. As long as you can abide by the restrictions, you can return to work when you feel like you can do so safely. However, you will need to take into consideration driving and activities related to your job. The sling will need to be worn essentially all day during this postoperative protection phase, but you can safely loosen the sling or take it off and have your elbow comfortably in your lap for short periods of time (i.e., keyboarding, writing with elbow close to side, or similar “safe/gentle” activities). Please expect that you will not be able to work with the arm away from the body, above shoulder level, or really use the arm against gravity until after six to eight weeks postoperatively. Please note that there may be modifications related to these recommendations depending upon what exactly was repaired during surgery.

If your surgery does NOT involve a repair (e.g., subacromial decompression, distal clavicle excision, biceps release, capsular release, etc.), then you will be in a sling only for a few days after surgery and, when comfortable, you can return to work when ready to conduct normal activities of your job. Remember that you will likely be on some mild narcotic pain medications postoperatively and these should be discontinued before you return to work or drive. You will likely only be limited by your own level of discomfort with the activities required of your job. Please allow four or more weeks, however,

Return to Work After Hip Surgery

If you are having a labrum repair or reconstruction you might have on a hip brace on for four to six weeks after surgery. Your weight bearing will be adjusted in accordance with the procedure you had performed. You may be asked by Dr. Chahla to protect your weight bearing for upwards of four to six weeks. Remember that you will likely be on some mild narcotic pain medications postoperatively and these should be discontinued before you return to work or drive. Please note that adjustments may need to be made at work accordingly. Simple adjustments such as a second chair to put your surgical leg on, availability of ice packs, and other "comfort items" can make a significant difference. It is reasonable to return to work safely when you feel like you can do so, as long as you are compliant with the brace recommendations and weight bearing restrictions provided to you by Dr. Chahla after surgery.

Although hip arthroscopy is done in a minimally invasive fashion, there is a lot of work that was done in your hip (including taking shaving bone overgrowth which can be painful). You are then only going to be limited by your own soreness, stiffness, and discomfort. It is beneficial to change positions often after hip arthroscopy. Alternate sitting, reclining, and lying down as much as you can tolerate. We recommend you get moving once every 30 minutes to prevent stiffness. Do not stay in a seated position for longer than 30-45 minutes. If you need a work note to get up from your desk, please let us know and we can send it in to your employer. Spend 2 to 3 hours per day on your stomach (you can take the brace off for this) to help keep the hip straight. Laying around too much will make you stiff, so feel free to move around your home as you can tolerate. Perform ankle pumps (like pushing the gas pedal) and elevate the legs to help prevent blood clots. If at any point you have questions regarding your return to work processes and postoperative activities, email to Dr. Chahla's office ChahlaAdmin@RushOrtho.com

MEDICAL EQUIPMENT

Durable Medical Equipment Information

CPM (Continuous Passive Motion) Machine

Company: Obility Medical

Contact: Marchae King

Phone: (773) 477-8991 xt 103

Email: mking@obilitymedical.com

CyMedica Neurmuscular Electrical Stimulation (NMES) - Hinged Knee Brace

Company: CyMedica

Contact: CyMedica Customer Service

Phone: (844) 296-2014

Crutches - Sling - Durakold - Hinged Knee Brace - Polar Care Ice Machine - Recovery Plus

Company: Midwest Orthopaedics at Rush - Department of Durable Medical Equipment

Phone: (312) 432-2482

Recovery Plus - Ice/Compression Machine

Company: Motion Medical - Integrated Orthopaedics

Phone: (888) 847-6903

If you are unclear as to the equipment that may be prescribed for you following surgery, please call the office. Following surgery, we recommend that you contact the DME company directly with any concerns. The DME company will contact your insurance company prior to your surgery to verify your Durable Medical Equipment (DME) benefits.