



ORTHOPAEDIC SPECIALISTS
of Northwest Indiana

Sunil Dedhia, M.D.

Sports Medicine & Orthopaedic Surgery

Nicole F. Einhorn, M.D.

Hand, Elbow & Shoulder Surgery

Louis A. Gluck, III, M.D.

General Orthopaedic Surgery

Joseph D. Hecht, M.D.

General Orthopaedic Surgery

Nitin Khanna, M.D.

Spine Care Specialist

Dwight S. Tyndall, M.D.

Spine Care Specialist

YOUR SURGERY IS SCHEDULED AT _____

ON _____

PLEASE STOP THE FOLLOWING MEDICATIONS 5 DAYS PRIOR TO SURGERY:

Aspirin / Ibuprofen / multi-vitamins or any vitamin with E / fish oil

and _____

The hospital/surgery center will call you 1-2 weeks prior to surgery to obtain billing information and to schedule any necessary pre-operative tests. Depending on your age and health status you may also need medical or cardiac clearance. This should be done weeks before surgery to allow time for testing and follow-up, if needed.

A (pre-op), office visit will be scheduled shortly before surgery so Dr. Hecht can go over any last minute details. Please bring in a list of your current medicines and a list of any questions you may have.

Be sure to notify us of any sudden illness that pops up before surgery. We may need to postpone surgery until you are well again.

THE DAY OF SURGERY

Do not eat or drink anything after midnight, not even water, unless the hospital tells you otherwise.

Arrange for transportation to and from the hospital. You will not be allowed to drive yourself home from the hospital after surgery. Cab rides are also not allowed.

Do not wear nail polish on the extremity we are to operate on. Do not wear jewelry, make-up or any hair ornaments. Leave your valuables and medications at home.

You should wear loose clothing that will allow for bulky bandages.

Immediately after surgery you will be transported to the recovery room, where you will rest until you are fully awake and stable. This is usually 1-2 hours. Dr. Hecht will discuss your outcome with your family, if they are present.

Out-patient cases will be sent home with discharge instructions and prescriptions, if ordered. You should go directly home and send someone out for prescriptions. Plan on eating light foods for the rest of the day, just in case you become nauseous.

If you are staying in the hospital you will be transferred to your room once you are awake and stable. When you are discharged you too will receive written discharge instructions...*Don't forget to read it.* It will also say when you are to follow up with all your doctors.

Dr. Hecht is a board certified orthopedic surgeon. He has been practicing in the Calumet Region since 1984.

His RN Janice has been working with him since 1985.

We also have a Certified Medical Assistant, Jena, who has been with us for a number of years.

Our medical secretary is Sharon. She will pre-certify your surgery and complete any sick leave/disability papers you may have.

Please let us know if we can do anything to make your surgical experience easier for you.