



Michael B. Ellman, MD  
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## Pre-Operative Checklist

Thank you for choosing to schedule surgery with Dr. Michael B. Ellman. We are excited to be involved in your surgical experience. In preparation for your surgery, we would like to inform you of all the necessary steps to be completed prior to your procedure.

- Dr. Ellman's surgery schedulers will contact you to set a date. The location of your surgery will be at OrthoColorado Hospital (connected to St. Anthony's Hospital) at:  
11650 West 2<sup>nd</sup> Place  
Lakewood CO 80228  
Phone 720-321-5000
- If you do not hear from our schedulers within 1 week of scheduling your surgery, please call 303-233-1223.

### **CHECKLIST: To be completed prior to your surgical date**

- Letter for medical clearance from your primary care physician
- Letter for medical clearance from specialist if necessary (e.g. cardiologist)
- Preoperative lab tests
  - Blood Work
  - EKG (if requested or over 40 years of age)
  - Chest Xray (if requested or over 40 years of age)
  - Additional testing if necessary or recommended by your Medical Doctors
- You should receive a call within a couple days of scheduling surgery to discuss your hip brace, CPM machine, and ice machine. If you do not receive a phone call, please contact the following:
  - Hip Brace: Call DonJoy at 303-481-8256 to discuss pre-operative fitting of your hip brace
  - CPM and Ice Machine: Call Blair at 303-233-1223, ext 6140 to discuss ice machine and CPM.
- Discontinue Anti-inflammatories 7-10 days before surgery
- Discontinue Birth Control 1 month before surgery
- If on anticoagulation/blood thinners, immunomodulators, supplements:
  - Obtain preoperative plan for medication from your primary care physician



**You MUST have ALL tests and preoperative clearance completed within 30 days of your surgery and sent to our office at least 5 days prior to your surgical date.**