



David L. Bernholt, M.D.
Complex Knee and Sports Medicine
University of Cincinnati Medical Center
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UC Health Clinic Locations:

Florence
Holmes
Midtown
West Chester

Surgery Locations:
West Chester
UC Health Main Campus



Preoperative Instructions

Dear Patient,

Thank you for trusting me and my team with your surgical care. This packet is designed to guide you through the steps before, during, and after surgery, so that you feel prepared and supported at every stage. Please take time to read this carefully. *If you have any questions or concerns, please do not hesitate to call or text myself at 937-423-3522 or email me at david.bernholt@gmail.com.*

Sincerely,

A handwritten signature in black ink, appearing to read "DAVID L. BERNHOLT".

David L. Bernholt, MD

Contact Information

Surgery Scheduler – Joann Kaeser
Can be contacted at 513-679-7861
or through Epic Patient Portal

Clinical Team – post op questions/medication refills
Can be contacted at 513-475-8690 option 3

Disability and FMLA paperwork – Robin Wilkinson
513- 475-7654
fax 513-936-4555

Billing Questions
513- 585-6200

Medical Record Requests
513-584-0444

Durable Medical Equipment – Breg – Jerry
513-356-6127

Evenings, nights and weekends,
call Dr. Bernholt with any urgent questions at (937) 423-3522

Physical Therapy Department- Novacare – multiple locations

Surgery and Post-op Visit Dates

Date of Surgery: _____

Location of Surgery:

UC Health West Chester Surgery Center
7750 Discovery Dr,
West Chester Township, OH 45069

UC Health Main Campus
3188 Bellevue Ave,
Cincinnati, OH 45219

Date of Initial Post-Operative Appointment: _____

Location of Initial Post-Operative Appointment:

UC Health West Chester
7690 Discovery Dr
Suite 1000
West Chester Township, OH
45069

UC Health Holmes
200 Albert Sabin
Way
Suite 1007
Cincinnati, OH 45
220

UC Health Midtown
3590 Lucille Dr
Suite 1300
Cincinnati, OH 45213

UC Health Florence
68 Cavalier Blvd
Suite 1100
Florence, KY 41042

Pre-operative Tasks

- Obtain Preoperative Clearance from primary care provider
- Schedule your initial post-operative physical therapy visit within 1-3 days after your surgery.
- Continue or stop taking medications as instructed per your PCP.
- No over the counter NSAIDs within 7 days of surgery
- Manage prescribed aspirin or blood thinner per prescribing physician. Please inform us of prescriber's desired timeline so that we can plan accordingly.
- Get fitted for and trained on use of crutches or walker
- If undergoing PCL surgery, you will need to be fitted for brace pre-operatively
- Obtain cold therapy/ice machine (Polar Care or Polar Care Wave) if desired
- Pick up post-operative medications from your pharmacy.
- Arrange an escort that will drive you to and from the surgery center (cannot be taxi or rideshare).
- Shower/bathe with Hibiclens the night before surgery. This soap can be purchased at most pharmacies. It should be left on the skin for at least 2 minutes before rinsing.
- Do not eat or drink after midnight leading in to day of surgery**

Day of Surgery Tasks

- Arrive on time to the surgery center. Arrival time should be provided to you the day before surgery. It is generally 2 hours prior to the scheduled time for the case. If unforeseeable delays arise or any other issues, please contact the surgery center at 513-298-3000.
- The morning of your surgery, please take only prescribed medications instructed to be continued by your PCP or our anesthesia team. In most cases, ACE inhibitors or ARBs are held the morning of surgery – these are specific types of blood pressure medications. Please ensure you have discussed medication plan with your PCP.
- Do not bring jewelry, valuables, contact lenses, or wear piercings or acrylic nails.

You will need to bring:

- A government issued picture identification (eg: Driver's licence or passport)
- Health Insurance Card.
- Crutches or Walker
- Brace, if already provided by Dr. Bernholt
- Medication list
- Inhaler if you utilize one on a regular basis
- Eyeglasses if needed (Do not bring contact lenses)
- Comfortable clothing (Recommend loose fitting pants or shorts in anticipation of brace which will be worn underneath when departing surgery center)
- Athletic or walking shoes
- Credit card/check/form of payment
- Reading material or something to do to pass time

Prescriptions

Narcotic Pain Medications Depending on the surgery, Dr. Bernholt will prescribe either Oxycodone or Hydrocodone/Acetaminophen(Norco or Vicodin). It is important to note that if given hydrocodone/acetaminophen, there is 325mg of acetaminophen(Tylenol) per tablet. The maximum acetaminophen that can be taken in a day is 4,000mg, so be sure to account for this if you are taking Tylenol separately.

Multimodal Pain Medications Gabapentin is a medication for nerve pain that may be prescribed for cases in which higher levels of pain are expected. Methocarbamol and cyclobenzaprine are muscle relaxers that may be prescribed in cases in which higher levels of pain are expected as well. These medications do not need to be taken scheduled and can be used on an as-needed basis when prescribed.

DVT Prophylaxis Either aspirin or lovenox will be called in for all patients and should be taken as directed on prescription. In most cases, aspirin will be prescribed unless there is a heightened risk of DVT. Please make sure that you alert us of any personal or family history of blood clots. Although Dr. Bernholt will provide you with a prescription for aspirin, this is an over-the-counter medication and some pharmacies may have you pick up this medication off of the shelf.

Anti-Nausea You will be prescribed Ondansetron(Zofran) to help with nausea that may occur during the first 48 hours after surgery/anesthesia. This medication is a dissolvable tablet that can be placed under your tongue to dissolve.

Stool Softener You will be prescribed a stool softener (Colace) that should be utilized while you are on pain medications. This medication is also an over-the-counter medication.

Antibiotics In some cases, a short course of antibiotics may be prescribed to prevent infection. If prescribed, the entire prescription should be taken until all pills/tablets are gone. Most arthroscopic surgery does not require an antibiotic to be prescribed.

If you have any known allergies or undesired side effects to any of the above medications, please let us know in advance so appropriate changes can be made to your post-operative medication plan.

***Please ensure you have your desired pharmacy for post-operative medications to be sent to correctly entered in your paperwork/chart.**

Medical Clearance

Depending on the planned surgical procedure and your medical history, you may be required to undergo Pre-Admission Testing, medical clearance, and/or obtain clearance from a specialty consultant such as a cardiologist or hematologist.

When medical clearance is requested:

Please obtain clearance from your primary care doctor. If you have not seen your provider recently, this will typically require a new visit with them to obtain clearance. If your primary care doctor is to clear you for surgery, then they must fax or scan our office a note indicating that you are medically cleared for surgery. If there are tests or laboratory studies performed by your PCP to determine clearance, please request that these results be sent to our office in addition to the clearance note.

Specialist clearance requirements:

Cardiology: Required if you have cardiac stents, a pacemaker, history of an arrhythmias, have had any kind of heart surgery, or have had a heart attack

Hematology: May be requested if you have a personal history of blood clot (DVT or PE) or a family history of blood clots. If you already take a blood thinner, then you must have specific instructions by the prescribing provider on when these medications should be stopped and restarted in relation to surgery

Other Specialists: Clearance of other specialists such as pulmonologist, rheumatologist, endocrinologist may be required depending on your medical history. This would typically be recommended by either Dr. Bernholt or your PCP if necessary.

Billing/Insurance

Pre-certification from your insurance company will be obtained by our team for our planned surgical procedures. This process does take 1-2 weeks or more in some cases. If the insurance company does not initially approve the surgical procedure, a peer-to-peer review may be required to obtain approval. You can contact your insurance company directly with any questions regarding your specific benefits and coverage/cost questions for a given surgical procedure.

Point of information: Your surgical fee will include all post-operative visits within 90 days of surgery, which is termed the global period. You should not receive a bill for physician services from Dr. Bernholt for post-operative visits falling within this 90 day period.

Ice Machine

Icing has been demonstrated to reduce pain post-operatively as it helps in reducing swelling and inflammation. You can ice through traditional means, but you also can purchase a commercially available ice machine (Polar Care®, Polar Care Wave®, etc.) that can help to make icing easier to perform. These are usually not covered by insurance, so they may result in out-of-pocket costs (typically \$100-\$350 depending on model chosen). Buying an ice machine is completely optional. If you are interested please let us know.

Day of Surgery Information

- You will receive a call from UC Health staff the day before surgery regarding the time of the procedure and when you need to arrive.
 - **If you have not heard from UC Health by 2pm the day before your scheduled surgery, please call our office at 513-679-7861.**
- Be aware that the Surgery Center will determine the surgical schedule and that this can sometimes be subject to change, such as in the event of unforeseen emergencies. This can sometimes result in changes/delays in your operating room time. If this occurs, we appreciate your patience and understanding.

Pre-operative Preparation at the Surgery Center:

- After checking in, you will go to the pre-operative unit where you will change into a hospital gown and begin the process of preparing for surgery. You will need to provide medical history to the nurses and anesthesia team taking care of you, and surgical and anesthesia consents will be obtained.
- You will have an IV placed to allow for medications to be given and for any lab tests to be drawn if needed
- All women who are menstruating and menopausal women who have menstruated within the past year will need to be given a pregnancy test as well. This is typically a urine pregnancy test.
- Dr. Bernholt will meet with you in the pre-operative holding area to review the surgical plan and consent and address any questions or concerns you may have.
- You will meet with your anesthesia team as well. Dr. Bernholt uses general anesthesia for essentially all cases he performs, and for cases requiring incisions beyond standard small arthroscopic incisions, a regional nerve block will be offered by the anesthesia team

Post-operative Care in the PACU:

- You will be provided with post-operative care in the PACU with goals of appropriate pain control, ability to eat/drink small amounts of food/drink, and ability to urinate. You will need to be able to sit and stand up and either ambulate or transfer into a wheelchair prior to being cleared for discharge home. If you are having inpatient or 23hr observation surgery, you will transfer to your hospital room after meeting appropriate criteria in PACU.
- You will receive detailed post-operative instruction sheets which are different than this packet. The information sheet can be found online at davidbernholtmd.com if you lose your instructions or they do not make it home with you.
- If you did not pick up prescriptions prior to surgery, make sure that you pick them up after leaving the surgery center.