



dr Frank Bohnenkamp

SURGERY PACKET



Have this packet of information with you when you are on the phone with us at Orthollinois and bring it with you when you come to your appointment at Orthollinois before surgery.

Dr. Frank Bohnenkamp,
Fellowship Trained, Board Certified
Orthopedic Surgeon

Michael Finigan,
Physician Assistant, Certified

Sandra Nirva,
Clinical Lead, Athletic Trainer

Surgery Scheduling
P: 815.444.8072

drbohenkamp.com

Today, you and Dr. Bohnenkamp discussed the possibility of having surgery. The following information will help you get that process started and guide you along the way. Keep this with you and have it available when you are on the phone with our office and when you go to your appointments.

Scheduling Process

You will receive a call from Lynette. She is Dr. Bohnenkamp's surgery scheduler. She will call you within 5–7 business days from the date of your appointment. Lynette is on the phone a lot, so if you miss her call, be sure to leave a message with the best time to contact you and a phone number. Lynette will discuss possible surgery dates with you and guide you through getting medically cleared for surgery by your primary care doctor or the Total Joint Clinic associated with Northwestern and any other specialists you see. Be sure to have this information packet with you during that call so you can write everything down.



Your presurgical clearance must be completed no more than 30 days prior to surgery date. All tests and clearance must be on file with our office prior to your final appointment with Dr. Bohnenkamp before surgery.

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Surgery at Northwestern Huntley

10400 Haligus Rd., Huntley, IL 60142

Northwestern offers pre-surgical clearance at the Total Joint Clinic. Lynette will tell you if you qualify to attend their clinic or if you need to see your primary care doctor. The Total Joint Clinic is at the Hip and Knee Replacement Center at Northwestern Huntley Hospital.

**Medical Office Building 2, Suite 202,
10370 Haligus Rd., Huntley, IL 60142**

Phone: **815.759.4902**

Mary is the Joint Navigator at Northwestern. You will also get a call from her about attending a total joint class with Northwestern and Chlorhexidine soap to use prior to surgery.

Surgery at Advocate Sherman

1425 N Randall Rd., Elgin, IL 60123

Surgery at Algonquin Road Surgery Center

2550 W. Algonquin Rd., Lake In The Hills, IL 60156

Surgery at Amita St. Joseph Hospital

77 N. Airlite St., Elgin, IL 60123

Surgery at OrthoIllinois Surgery Center

346 Roxbury Rd., Rockford, IL 61107

Once Surgery is Scheduled

We will send a request to your primary care doctor or Total Joint Clinic and other specialists you see for surgical clearance per anesthesia guidelines.

Typically we will see you back in the office with Michael, Dr. Bohnenkamp's physician assistant, 2 weeks prior to surgery. Surgical clearance from all your doctors, including CXR, EKG, labs and MRSA screen, must be completed prior to this date. If we do not have everything on file by this appointment, then your surgery will need to be rescheduled. If you require further testing and it's not completed by your appointment with Michael, we will have to reschedule your surgery.

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Dental Work in Relation to Joint Replacement Surgery

Oral hygiene is important in overall health and in relation to joint replacement surgery. If you do not see a dentist regularly, you will need to see a dentist prior to surgery for clearance. Your mouth must be free from any infection in your teeth and gums prior to surgery.

All dental work must be completed 3 weeks prior to surgery.

Dental cleanings can start 3 months after joint replacement surgery. Dr. Bohnenkamp requires prophylactic antibiotics for 2 years after your joint replacement surgery. You will take this prescription 1 hour prior to seeing the dentist. The dentist will often prescribe antibiotics but if they do not, call our office and we will prescribe it for you.

Any dental work below the gum line can start at 6 months after joint replacement surgery.

If you have any questions, comments, or concerns, please don't hesitate to contact our office.

Important Information for My Surgery

My surgery is scheduled for: _____ At: _____

My appointment for surgical clearance with my primary care doctor is scheduled for: _____

(This date must be no more than 30 days prior to surgery and all testing must be done prior to my appointment with Michael)

My appointment with Michael prior to surgery is scheduled for: _____



By this date, surgical clearance from all physicians, lab work, EKG, chest x-ray, and MRSA screen must be completed and on file with Dr. Bohnenkamp's office.

If you see a cardiologist, pulmonologist, neurologist, endocrinologist, nephrologist, oncologist, or hematologist, we may need surgical clearance from them as well.

If your primary care doctor cannot see you within the allotted time frame, please call Lynette to reschedule your surgery date. We recommend seeing your primary care doctor 3 weeks before surgery.

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Frequently Asked Questions

How long will I stay in the hospital?

If your surgery is going to be done in an inpatient setting, you will likely spend 1 to 2 nights in the hospital after surgery. If your surgery is going to be done in an outpatient setting, you will go home in the early afternoon or late evening the day of surgery.

When can I shower?

Dr. Bohnenkamp uses a Prineo® bandage on your incision. You can shower with this bandage right away. You do not have to cover it, but no soaking in a tub or pool or whirlpool, and do not scrub the bandage until you are cleared to do so. If you have staples or sutures over your incision, you will need to cover your incision and keep it dry. Always refer to your discharge paperwork from the hospital.

When can I drive after surgery?

You will need someone to take you to surgery and someone to drive you home. You can drive once you feel comfortable and are not taking narcotics. If you are having a posterior hip arthroplasty, you must not violate posterior hip precautions getting in and out of a car.

When can I return to work after surgery?

It depends on the type of job that you have. Typically, we recommend taking at least 2 weeks off of work after surgery so you can recover. You will need more time to recover to return to a laboring job than you would a desk job.

What if I have swelling after surgery?

Swelling is common after surgery and is normal. Swelling can occur in the operative leg or the opposite side. It can affect the thigh, knee, calf, or ankle. Dr. Bohnenkamp does not use the tight stockings after surgery—they are more cumbersome to put on and off. If you have swelling after surgery, use ACE™ wraps from your toes to your thigh. Put them on first thing in the morning as soon as you wake up, when your legs are the smallest. You can take them off at night. Be sure to always keep your operative leg elevated and use ice to help control the swelling.

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Frequently Asked Questions (cont.)

When can I go in a pool?

Swimming typically can take place at 6 weeks post-op. The incision must be completely healed with no scabs. Dr. Bohnenkamp will give you clearance before you can soak in a tub or go in a pool or hot tub.

Will I be on a blood thinner after surgery?

Dr. Bohnenkamp does use a blood thinner after surgery—typically it is aspirin. We will go over this information in your appointment at OrthoIllinois prior to surgery.

What medications do I have to stop prior to surgery?

You will have to stop blood thinners prior to surgery. We will discuss that with your prescribing physician and with you at your appointment at OrthoIllinois prior to surgery. You will have to stop over-the-counter and prescription anti-inflammatory medications one week before surgery. You will also have to stop vitamins and supplements one week before surgery. All this information will be reviewed at your appointment at OrthoIllinois prior to surgery.



If you are on biologics (Humira, Orenia, Kineret, Cimzia, Enbrel, Simponi, Remicade, Otrexup, Rasuvo, Trexall, Rituxan)—those will have to be on hold for 4 weeks prior to surgery and then can start again 4 weeks after surgery. Hormone therapy will also need to be on hold for 4 weeks prior to surgery and can start again 4 weeks after surgery.

Will I be in physical therapy after surgery?

Dr. Bohnenkamp does not use physical therapy after a hip replacement. He does use physical therapy after a knee replacement. Typically, physical therapy is 2–3 times a week for at least 2 weeks and up to 6–8 weeks depending on your procedure and progress. You can decide on where you go to therapy. We will discuss this at your appointment at OrthoIllinois prior to surgery.

Will I have pain after surgery?

You will have pain after surgery. It is going to be a different pain than prior to surgery. A burning sensation over the incision or pain that feels like a torn muscle is normal after surgery. This pain will be managed with medication, ice, and activity modification and will improve over time. If you experience a dramatic increase in pain, please call our office or come to our Injury Express location in the Algonquin office.

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Frequently Asked Questions (cont.)

Will I have home health after surgery?

Dr. Bohnenkamp does not use home health after surgery. It is best to start outpatient therapy after surgery. There are exceptions to this protocol; however, our standard procedure is outpatient therapy after surgery.

I am having a knee replacement—will I need one of those motion machines?

Dr. Bohnenkamp does not use continuous passive motion machines after knee replacement surgery.

What should I do if I have paperwork from my employer that needs to be completed?

Paperwork can be brought to the office or faxed to **815.381.7498**. Please be sure to indicate how much time you would like to be off work. Allow 5–7 business days to complete all paperwork. We cannot send or receive paperwork via email.

What if my primary care doctor cannot see me in the allowed time frame prior to surgery?

If your primary care doctor cannot see you in the allowed time frame prior to surgery, we will have to reschedule your surgery. If you are having your surgery done at Northwestern, then there may be the possibility of getting cleared through the total joint clinic. You can discuss that with Lynette.

Will I need a card to bring to the airport after a joint replacement?

Joint replacement cards or a letter from your physician will no longer exempt you from additional screening if a metal detector goes off during airport screening. With the use of full body x-ray during airport screening, the metal implant will be detected in the bone. We do have implant cards for most of our procedures, but they are not mandatory to carry.

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Frequently Asked Questions (cont.)

When should I call the doctor?

You can contact our office at any time with questions or concerns with your post-operative care. If you ever have chest pain or difficulty breathing, go to the nearest emergency room. In order to delay further surgical care, see one of our OrthoIllinois physicians at Injury Express in our Algonquin and McHenry clinics for any other concerning issues. Injury Express is open Monday–Friday 8:00 a.m.–8:00 p.m. and Saturday and Sunday 10:00 a.m.–4:00 p.m. and does not require an appointment. Occasional spotting from the incision is normal after surgery. If you have active bleeding or drainage from the incision, call our office right away.

What if I have a fever after surgery?

Low-grade fevers after surgery are normal for 3–5 days after surgery. Call our office if your temperature is over 101 degrees Fahrenheit.

Questions for My Care Team

Please list questions you have regarding your surgery. If something needs to be addressed ahead of time, please don't hesitate to call our office. You can always send questions to Dr. Bohnenkamp's team via the Patient Portal at orthoillinois.com.
