



Surgical Patient Information

Preventing COVID-19 Illness

As the COVID-19 viral illness appeared in the Chicago area in early March 2020, elective surgeries were paused to ensure critical medical resources were preserved. As we have made strides in reducing transmission, these surgeries have now resumed in regional hospitals and surgery centers.

The COVID-19 virus, however, remains in our community and continues to present risks for surgical patients. An understanding of the impact of COVID-19 on orthopaedic surgery is emerging but remains incomplete. Emergency surgeries needed to proceed during the early pandemic weeks with most patients recovering uneventfully. For those patients who contracted COVID-19 illness during their recovery, a slower recovery with the potential for pulmonary complications were evident.

Since there is currently no effective treatment for the COVID-19 viral illness (no effective anti-viral drugs or vaccines) - the best current treatment is **PREVENTION**.

To best **PREVENT** the COVID-19, it is important for patients to understand their personal risk factors, as well as, actively utilize prevention strategies both before and after surgery.

Personal/Medical/Social-Behavioral/COVID-19 Risk Factors

Am I more AT-RISK of getting or being more ill from COVID-19?

These medical conditions and personal behaviors are known to increase your risks of contracting the COVID-19 virus and/or the severity of a COVID-19 illness. If you have any of these risk or behavior factors, discuss them with your surgeon prior to your surgery.



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Low Risk Personal Factors	Medium Risk Personal Factors	High Risk Personal Factors
Healthy	Active Smoking/Vaping Diabetes Hypertension Obesity	COPD/Asthma/OSA CHF/CAD Immunocompromised Renal Disease
Age<40	Age 40-60	Age > 60
Diligent Hand Washing/ Diligent Social-Distancing Diligent Face Mask Use	Occasional Hand Washing Intermittent Social-Distancing Intermittent Face Mask Use	No Handwashing No Social-Distancing No Face Mask Use
3 Person Home Compliant Self Isolation	3 or > Family Home Daily Out of Home Interactions	Regular Work in Out of Home Workplace Regular Social Interactions
History COVID Disease > 1 mo. ago with full recovery (+) Covid-19 Antigen Test	Distant/Short Exposure within 14 days Unknown Covid-19 Test Status	Direct and/or Long Duration Covid-19 Exposure (-) Covid-19 Antigen Test

COVID-19 Virus Prevention Strategies

How do I best prepare for and recover from my surgery?

All surgical patients should follow: 10 Key Ways to Prevent Covid-19 at ALL times during the 2 weeks prior to your surgery and the 2 weeks following your surgery. We encourage all patients to discuss them with your surgeon prior to your surgery.

10 Key Ways to Prevent Covid-19 Viral Illness (2 Weeks Before and After Surgery)

- Stay at Home** – as much as you can for 2 weeks prior to and following your surgery. Go outside your home ONLY for essential activities, essential work or exercise.
- Wash Your Hands** – thoroughly and OFTEN: with soap and water – 20 seconds, particularly after being with another person or any time you have touched shared surfaces or objects – counters, handles, railings, utensils, etc., or with alcohol-based hand sanitizer when soap and water is not available.

3. **Maintain 'Social Distancing'** – keep 6 feet of separation between you and other people
 - Avoid groups of 3 or more people
 - Keep all conversations outside your family short - 10 minutes or less
 - Avoid direct contact with people – any touching or hugging – even friends and family
4. **Wear a Face Mask at ALL times** – covering your nose and mouth when outside your home or when you are with people other than immediate family.
5. **Clean Shared Surfaces Often** – clean counters, doorknobs, railings, bathroom handles, etc. with soap and water or household cleaning solutions.
6. **DO NOT Touch Your Face** – with your hands. If you need to touch your face – do so after washing your hands and then also washing face with soap and water.
7. **Avoid Public Travel** – avoid planes, cruise ships or road trips outside your neighborhood.
8. **Each Day Monitor Your Health for Signs of COVID-19 Viral Disease** – check for common symptoms:
 - Temperature (fever) more than 100.4 F.
 - Fatigue and Muscle Aches and Pains
 - Sore Throat or Dry Cough
 - Difficulty Breathing or Shortness of Breath, Fatigue and Muscle Aches/Pains
 - Loss of Taste or Smell
 - Nausea and Diarrhea
9. **Avoid CONTACT with ALL Sick Individuals** – stay isolated from sick individuals for 2 weeks prior to your surgery. Interact only if absolutely needed and use protection - masks/gloves – and interact for only a very short period of time.
10. **If You Become Ill, Contact your Surgeon's Office** - to report your symptoms. Use a mask or cover mouth/nose when coughing/sneezing into your bent elbow or a tissue to protect family members/friends.

Pre-op COVID-19 Testing

You will be required to have a pre-op for COVID-19 test within 72 hours of your scheduled surgery. This test will be performed at the hospital, a near-by testing lab or an IBJI Pre-op Test site. After you complete the test you should self-isolate yourself at home until your surgery and avoid being with any crowds or individuals who may be ill.

Your surgeon/surgeons' team or the hospital/surgery center will call you with your COVID-19 test result. If the COVID-19 test is (+), your surgery will likely be rescheduled for your own safety.