

HILLSBORO ORTHOPEDIC GROUP, INC.

Physicians and Surgeons

Practice Limited To
Orthopedic and Fracture Surgery
Orthopedic Oncology and Sports Medicine

349 SE SEVENTH AVENUE
HILLSBORO, OR 97123

BART RASK, MD
MELISSA KOUNINE, DO

(503) 648-0803 APPOINTMENTS
(503) 648-9722 BUS. OFFICE
FAX (503) 640-4313

PATIENT PREOPERATIVE INSTRUCTIONS

1. No eating or drinking after midnight the day before surgery unless otherwise instructed by the hospital.
2. No taking aspirin, ibuprofen, Motrin, or Aleve or other anti-inflammatories at least five (5) days before your surgery.
3. For knee arthroscopic surgery, make an appointment for physical therapy before surgery to start the same day or the next day after your first postoperative visit.
4. The hospital will call you between 3-6 pm the day before surgery to give you an arrival time. An anesthesiologist may or may not talk with you the day before your surgery.
5. The day of your surgery, please be available near a phone so that we may contact you to come in sooner than your previously discussed time.
6. If you have a Cryo/Cuff bring it to the hospital and Dr. Rask will apply it during your surgery. (optional)
7. For knee, ankle, hip, or leg surgery, obtain crutches or a walker and bring them to the hospital the day of surgery.
8. If you need to go to an Emergency Room for complications related to your surgery please be aware that Dr. Rask only has privileges at Tuality Community Hospital in Hillsboro, OR.