Bring this form to your Primary Care appointment:

**Preoperative Medical Clearance Requirements**

Thank you for your assistance in Preoperative Medical Clearance for the above patient.  Preferably, the following conditions should be optimized prior to performing a procedure at Restore Orthopaedic Surgical Institute:

* **Blood Pressure control target:** **BP  £  150/90 on medication**
* **Diabetes management target:** **HgbA1C < 8.0%**
* **Obesity target:** **BMI < 40**
* **Malnutrition target:** **Albumin > 3.5**
* **Anemia target:** **Hgb ³ 12g/dl (Female), Hgb ³ 13 g/dl (Male)**
* **Nicotine usage target:** **Stopped x 1 month preoperatively**

The following lab tests are required on all patients:  **CBC and CMP**.  Labs must be completed within     ***60 days*** of the procedure to determine medical readiness.

***Diabetic patients*** will also need a ***HgbA1C*** within ***90 days*** of the surgical date.

An ***EKG*** within ***6 months*** of the surgical date is required for patients aged 50 and older or if patient has a cardiac history.

If the patient has a ***pulmonary*** history, a **CXR and EKG** will be needed.

**Please fax** an electronic office visit note with Lab Results, EKG, completed/signed Medical Clearance H&P to **610-672-4917** no later than ***2 weeks*** prior to date of surgery.

For any questions, please contact the Muve Nurse at 610-421-0516.

**Medical Clearance H&P must be completed with 30 days prior to procedure.**