

Prior to Your Fitbone® Surgery

- You will have an office consultation with Dr. Dahl where he will give you a physical examination, take X-rays, and talk with you about the best surgical plan based on your individual lengthening needs and expectations.
- Dr. Dahl's Medical Secretary Melissa will schedule a tentative surgery date. SCO will then work with HealthEast, your insurance company, and the FDA for approval. Upon approval, the surgery date will be finalized.
- At that time, you will need to make an appointment with the Brace Place for a customized brace that you will wear throughout the lengthening phase of treatment. (See the attached prescription form.)
- You will need to have a physical exam by your primary care provider **within 7 days** of the scheduled surgery date. Please have a copy of this faxed to Woodwinds Health Campus at 651-232-0616 and bring a hard copy with you to surgery.
- Be sure to review the exercises you will be expected to do during the lengthening and healing phase of the treatment and ask questions ahead of time to help ensure a successful outcome.
- NOTE: You must not eat or drink anything after midnight the night before your surgery.**
- Schedule and plan to attend weekly follow-up appointments with Dr. Dahl for wound examinations and X-rays to help determine if lengthening and healing are progressing properly. **NOTE: Be sure to bring the external activator and your log book with you at every office visit.**

Should you have any concerns or questions, your Fitbone® contacts at St. Croix Orthopaedics are:

Dr. Mark T. Dahl

Melissa, Medical Secretary

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