

GENERAL PRE-OPERATIVE INSTRUCTIONS

You will be given a preoperative instruction packet, and one of the physician's assistants will go over specific instructions with you. In some cases, preoperative clearance may be required, which sometimes simply involves a letter or note from your primary care physician or cardiologist.

Preoperative testing procedures vary slightly depending on where your surgery is scheduled, and online registration is available. Prior to scheduling surgery, we will make sure that the facility accepts your insurance plan. However, we cannot control whether or not all physicians or services are in your network (radiology, pathology, anesthesiology, etc.).

General instructions are below. Please click on the appropriate surgery site to download and print the appropriate preoperative instructions.

Pre-Admission: Depending on where your surgery is scheduled, you will be instructed where to go to have appropriate preoperative testing done. This may be as simple as getting a blood count or involve preoperative EKG and X rays.

In some cases, you may be able to have your preoperative testing done through your primary care doctor's office, especially if you live far away. However, if done this way, the tests must be done well in advance of surgery to ensure that we receive all test results prior to surgery. Any delay or abnormal tests can result in delay or cancellation of your surgery.

Anesthesia: Usually, general anesthesia is used for surgery. There are exceptions (carpal tunnel surgery, spinal cord stimulator), and this will be discussed with you ahead of time. The anesthesiologist will contact you the evening before or will see you the morning of your surgery. If you have ever had problems with anesthesia (especially postoperative nausea), please let the anesthesiologist know ahead of time.

Pre-Op Preparation: Do not eat or drink anything after midnight the night before surgery. Doing so may result in a delay or cancellation of your surgery. If you are diabetic, do not take diabetes medications the morning of your surgery. Otherwise, you may take your usual meds with a small sip of water the morning of surgery.

We will tell you when to arrive for surgery, and this will generally be well before your expected surgery time to allow for the appropriate preparation. You may want to bring something to do to pass the time (book, crossword, etc.). You may be told a different time by the hospital or surgery facility, but

you should go by what we tell you since we more accurately know the day's schedule.

IMPORTANT: Discontinue blood thinners (i.e. aspirin, herbs, vitamin E) at least one week before surgery. Please inform us if you are taking Plavix, Coumadin (Warfarin), or Pletal. Please also inform us immediately if there is any change in your condition that may affect the ability or need to proceed with surgery (significant change in your medical condition, new health problem, etc.).

Billing: You will be receiving bills from several ancillary departments at the center that may or may not participate on your insurance plan. These entities are completely separate from our office, so please call the appropriate site with billing questions. For billing questions pertaining to our services, please contact our billing company (PAS) at (214) 373-3183.

Prescriptions: We try to fill prescriptions prior to surgery. If you are running low, please call our office during regular work hours, as most refills can be done over the phone. If necessary, you will be given pain medication prescriptions prior to leaving the hospital.

Films: We must have your MRI, CT, or myelogram films the day of surgery. It is best that they are in our possession prior to your date of surgery.

Overnight Stay (23 hour observation): You will either be scheduled as an inpatient or outpatient. As an inpatient, you will be staying one night in the hospital and will generally go home the next day. If you are an outpatient, you will go home in the afternoon or evening of your surgery.

In some cases, your condition may require a longer stay. This will be discussed on a case-by-case basis.