

# PRESURGERY INSTRUCTIONS

Patient \_\_\_\_\_

Surgery Date \_\_\_\_\_

Surgery Location \_\_\_\_\_

Surgery Arrival Time \_\_\_\_\_

Surgery Start Time \_\_\_\_\_

## SURGERY DATE AND ARRIVAL TIME

A surgery date may be given to you in the office. If you did not receive a date and if you want to schedule one, please call our office at phone number **317-396-1300**.

You will receive a call from the surgeon's office between 3-6 PM the working day before surgery to confirm the surgery time and expected time of arrival.

## PREOPERATIVE LABS AND TESTING

The hospital or office staff will contact you to arrange preoperative lab and medical clearance requirements and options.

## MEDICATIONS

- **1 week** prior to surgery, you will need to stop taking anti-inflammatory medications such as Aleve, Advil, Motrin, Aspirin, and Naprosyn.
- **2 weeks** prior to surgery, you will need to stop taking herbal medications and weight reduction products.
- Prior to surgery, you will need to stop taking **blood thinners**, such as Coumadin, Plavix, Ticlid, Xeralto, Eliquis, and Trental. Please talk with your surgeon's nurse to verify a stop date for these medications.
- Prior to surgery, if you are on insulin or other diabetes medications, you will need to make the staff aware of these so that doses can be held or adjusted on the day of surgery. Please review instructions for these diabetes medications with the hospital staff or your surgeon's nurse.
- On the morning of surgery, **some** blood pressure and heart medications will be allowed to be taken, while others will need to be held. Please review and clarify specific instructions regarding these medications with the hospital staff or your surgeon's nurse.



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## ILLNESS

If you develop a cold, sore throat, cough, fever, or other illness prior to surgery, please call the office as soon as possible. Any significant infection may postpone surgery.

## SURGERY

- **DO NOT SMOKE.** Smoking has a significant effect on wound healing.
- **Plan to arrive 2 hours prior to surgery.** The office will confirm your surgery time the day before surgery.
- Be sure to arrange transportation to and from the hospital. You will not be able to drive home after the surgery.
- Please do not bring jewelry or other valuables with you to the hospital.
- Because you will be given a general anesthesia for surgery, please do not eat or drink anything after midnight the evening before surgery, including **all food, liquids, and water.**

## DOWN PAYMENT

Given the high cost of health insurance, some patients have very high-deductible health plans that make surgery very expensive. For some patients, out-of-pocket expenses are minimal, while for others, out-of-pocket expenses may be many thousands of dollars. For example, if your plan has a \$5,000 deductible, this means that you will be responsible for the first \$5,000 of the health care costs that occur for that calendar year. Because of these high-deductible plans, we have been forced to collect surgical fees prior to surgery.

A financial counselor from Goodman Campbell Brain and Spine will contact you prior to surgery to explain your financial responsibilities.

## DISABILITY FORMS

Many employers require patients to complete time-off request forms. Please mail or deliver these forms to our office as soon as possible. Please allow 7-10 days for the forms to be completed. The cost to complete disability forms is \$25.00 and any subsequent form is \$10.00.

## AFTER SURGERY

If you have any questions or concerns related to surgery, please call our office at this number.  
**(317) 396-1300.**

Form Updated December 2017



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