

OUT-PATIENT SURGERY INSTRUCTIONS

("Day" or "Ambulatory" Surgery)

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The following instructions are intended to prepare you for your upcoming out-patient surgery. Procedures are performed at Tisch Hospital – NYU Langone Medical Center (where it is called “Day Surgery”) and at NYU Hospital for Joint Diseases (where it is called “Ambulatory Surgery”).

Most surgeries are scheduled for Thursdays or Fridays. We will try to give you an estimate of the time of day that the surgery will take place, but the time may not be able to be determined until the day prior to the procedure.

Preparation for Surgery

- 1. Medical Clearance:** You will need to obtain medical clearance from your internist or primary care practitioner. This clearance will usually require a visit with your physician. You must call your physician and schedule an appointment – but the visit cannot be more than 28 days (4 weeks) prior to your surgery date. We will give you an “Out-Patient Surgery/Procedure History and Physical” form for your physician to complete. This form and any other applicable information (results from lab tests, EKG, chest x-ray) should be faxed by your physician to our office at **(212) 263-8810**.
- 2. Pre-Admission Testing:** Your internist or primary care practitioner will determine what tests are necessary. Testing must be performed 7 to 21 days prior to surgery. At a minimum, the following tests are required:
 - All patients: CBC
 - Men over age 40: CBC, EKG
 - Women over age 50: CBC, EKG
 - Over age 60: CBC, BUN, creatinine, electrolytes, glucose, EKG, chest x-ray (ECG and chest x-ray are acceptable for 6 months unless abnormal or an interval change in your condition has occurred.)

2. Pre-Admission Testing (continued):**(a) NYU Hospital for Joint Diseases:**

Location: 301 East 17th Street (northeast corner of Second Avenue), Room 208B

Phone: (212) 598-6123

You will be scheduled to undergo a pre-admission assessment at NYU Hospital for Joint Diseases in some cases (mandatory if you are scheduled to be the first case of the day), or if your internist cannot perform all the studies.

(b) NYU Langone Medical Center:

Location: 400 East 34th Street (between First Avenue and FDR Drive) on the Ground Floor.

Phone: (212) 263-5985

You will be scheduled to undergo pre-admission testing at NYU Langone Medical Center in some cases, or if your internist cannot perform all the studies.

- 3. Pre-operative office visit:** You will be asked to schedule an appointment with Dr. Weiss for 5-10 days prior to your surgery. This appointment is to answer any last minute questions, sign a surgical consent form, review the “History and Physical” that your internist submitted, and to go over what you should bring with you at the time of surgery. At this visit you should schedule your first post-operative office visit.

Pre-Certifying Surgery

It is important that the appropriate referrals and paper-work are in place for your surgery. Each insurance company and managed care company has its own protocol for pre-certification or pre-authorization. If the processing is not done properly the insurance carrier may deny or reduce coverage for medical services. It is our responsibility to obtain pre-certification from your insurance company.

This pre-certification establishes the “medical necessity” of your surgery. However, insurance companies explicitly state that pre-certification does not provide any determination as to what benefits will actually be paid for the surgery. No benefits may be paid if the insurance policy is not valid, or if the policy contains specific exclusions or limitations. For example, one limitation might be a specific dollar limit on treatments to certain parts of the body. Co-payments and deductibles may also be applied to your benefits; you will be responsible for paying these amounts.

It is your responsibility to be aware of the benefits and limitations, if any, of your insurance coverage. Please look at the details of your policy and call your insurance company if necessary for confirmation (document the name of the person you speak with, and the date and time of your call). We can provide you with the procedure codes that will apply for your surgery, if you require them. You may also contact your insurance broker or your company’s human resources department for assistance. You should be aware that if no benefits are paid, then you will be responsible for the surgical fee.

Pre-Operative Instructions

1. You must **stop** all aspirin products (including Bufferin, Anacin, and Ecotrin) **10 days** prior to surgery.
2. You must **stop** all anti-inflammatory drugs (Motrin, Advil, Aleve, Naprosyn, Ibuprofen, Relafen, Voltaren, Celebrex, *etc.*) **2 days** prior to surgery. You may take Tylenol for pain.
3. If you are taking any herbal supplements you should stop taking them **three weeks** prior to surgery, since some may contain stimulants or other ingredients that interfere with anesthesia. You can continue to take regular strength multi-vitamins.
4. Contact our office immediately should you develop any medical problems before your surgery, *i.e.*, sore throat, colds, fevers, infections, skin eruptions, or other changes in your medical status.
5. You will need to bring a pair of crutches with you to the hospital. You should purchase crutches at a surgical supply store or full-service pharmacy (including the NYU Hospitals Center Pharmacy, located in the lobby of the Schwartz Health Care Center, near elevator “**H**”) prior to the surgery.
6. If your procedure is scheduled at NYU Langone Medical Center “Day Surgery,” a nurse from the unit will contact you 1-2 days prior to your surgery to go over pre-operative instructions. If they do not contact you by the day prior to your procedure, you may call them at (212) 263-7213
7. **The night before surgery** DO NOT eat or drink anything after 12 midnight. If you are taking specific medication(s) for a medical problem please consult with your internist on how this should be handled. Please note that if you should eat or drink after midnight (except to take medications with a small sip of water) the anesthesiologist cannot safely proceed and the surgery will have to be cancelled.
8. You **must** have an adult accompany you home upon your discharge from the surgery unit. That person does not have to come with you before your surgery – they can meet you at the out-patient surgery unit prior to your discharge.

Where to Report: Location of Out-Patient Surgery Suite

1. **HJD Ambulatory Surgery** is located at 301 East 17th Street (northeast corner of Second Avenue), in the NYU Hospital for Joint Diseases, on the C1 level. Take the main elevators down two floors to level **C1**, then proceed to Room 135.
2. **NYU Day Surgery** is located at 560 First Avenue (31st-32nd Street), in Tisch Hospital, on the 10th Floor. Use the main NYU Langone Medical Center entrance, bear to the left, and take the “**A**” elevators to the 10th Floor. The Day Surgery reception desk will be directly in front of you when you get off the elevator.

Post-Operative Instructions

1. You **must** have an adult accompany you home upon your discharge from the surgery unit. You will not be discharged from the hospital if an escort is not present.
2. You will usually be discharged using crutches. You will need to bring the crutches to the hospital – see Pre-operative Instructions, item number 5, above.
3. Prescriptions for pain medication(s) will be provided either at your pre-operative visit, or at the hospital. The use of the medication(s) will be reviewed with you (as well as with your escort, if desired) by the nurse prior to discharge.
4. A general post-operative instruction sheet will be provided, and the instructions will be reviewed by the nurse prior to discharge.
5. If a post-operative instruction sheet specific to your type of surgical procedure is provided, review those instructions carefully.
6. While at home, be sure to rest to allow your body to recuperate from the surgery and anesthesia.
7. Use the crutches, placing weight on the extremity as instructed.
8. Elevate the extremity as instructed.
9. Do not remove the surgical dressing except as specifically instructed. Keep the dressing dry. If you are instructed to remove the dressing, make sure that your hands are clean before you proceed. Do not allow the surgical site to get wet unless instructed.
10. Apply ice to help reduce swelling for at least the first 3 to 5 days after surgery. Place an ice bag over the dressing (or if the dressing is off, over a cloth to protect the skin) for about 20 minutes three or four times a day. If you wish, you may apply ice as frequently as 20 minutes on, 20 minutes off throughout the day.
11. If you have any of the following call me immediately at the office or via my answering service: calf or lower leg pains that make it difficult to walk; inordinate pain or undue swelling in the area of the surgery; bleeding through the dressing; numbness; coldness or tingling in the extremity. If you cannot reach me go to the hospital's emergency room (or another hospital emergency room if you prefer) to have the problem checked.

Note: My phone call to you may come from a “private” (caller ID blocked) number. In order to receive my return call you must turn off any “call blocking” on your phone: Dial *87 on your phone; an interrupted dial tone will let you know that you have successfully deactivated “call blocking.” Then hang up and you will be able to receive my return call.