



Carl Laurysen, M.D.

PATIENT GUIDE TO SURGERY

Welcome, thank you for choosing Central Texas Brain and Spine for your care.

This patient guide will assist you in preparing for your admission and surgery. If after reading this you have further questions or concerns, please contact our office.

This guide is designed to provide you with information regarding:

- scheduling your surgery
- preparation for your surgery
- day of surgery
- release from the hospital
- incision care
- reasons to call your physician after you have left the hospital
- medications
- financial policy

SCHEDULING YOUR SURGERY

Once the decision has been made to proceed with surgery, please call our surgery scheduler to discuss a convenient date and time. Our surgery scheduler will then contact your insurance company to request authorization for your procedure. The authorization process varies from 1-5 business days, up to 2 weeks, depending on your insurance company's policy. Please review our financial policy outlined on page 5 of this guide for more payment details. **The hospital will call you the day before your surgery to provide you with your arrival time.**

Before or after your surgery, please remember to schedule your Post-Operative appointment with our office.

PREPARATION FOR SURGERY

- **Medications:** If you are taking any medications listed on page 4 please adjust accordingly within the time stated. You can continue taking your pain medications. Do not take any medications the morning of your surgery unless authorized by your physician.
- **Pre-surgical Testing:** A pre-surgical nurse from the hospital will contact you before your scheduled surgery to discuss your medical history and requirements for surgery. You may need pre-surgical tests which may include labs, EKG's and possible medical clearance from one of your physicians.
- **Plan:** Make plans for post-surgery needs such as transportation and home care.
- **Advanced Medical Directive:** Provide the hospital with a copy of your advanced medical directive, if you have one.
- **Change in Health:** If you have any changes in your physical condition, such as cold, rash or fever, please contact our office as soon as possible.



DAY OF SURGERY

No food or drinks after midnight the night before your surgery.

- Take only medications that you routinely take and have been approved by your physician with a sip of water.
- Arrive at least 2 hours (earlier if instructed) prior to scheduled surgery.
- Wear comfortable, loose clothing.
- Leave valuables, such as jewelry, cash and credit cards at home.
- Remove makeup and fingernail polish.
- Bring insurance cards and forms.
- Bring a list of your regular medication.
- If needed, wear glasses instead of contact lenses.
- If you are scheduled to stay overnight, pack a small bag with essentials.

All patients must see their primary care physician within 2 weeks prior to surgery. If not, the anesthesiologist may cancel the surgery. A copy of your preoperative consult must be faxed to our office, or you may take a copy to the hospital the morning of surgery.

REMEMBER TO CALL OUR OFFICE TO SCHEDULE YOUR POST-SURGERY VISIT.

You will need to be seen 3 weeks following surgery UNLESS you have stitches or staples. In this case, you will need to schedule to have them removed 7-10 days after surgery.

Hospital Release

- Your physician will determine when you should be discharged. This will vary depending on the procedure and your physical health. Many of our procedures are considered “outpatient” and you will be discharged within 24 hours, however other procedures will require a longer “inpatient” stay.
- Be sure you understand all instructions and ask any questions you may have prior to discharge.
- Please make arrangements to have someone drive you home from the hospital.
- Upon discharge, you will be given a limited supply of pain medications. To avoid delay or interruption in your pain management, contact our office upon your return home to request a refill. **Please allow at least 72 hours for all refills.** The after-hours doctor will **NOT** authorize medication refills or prescribe new medication.
- Per law, controlled substances such as narcotic pain medication cannot be called or faxed in to a pharmacy. You or a designated person must either come to our office to collect a script or we can mail it to your home address. **Please allow 72 hours for controlled substance scripts.**
- Shift positions frequently and avoid long periods of standing or lying down.
- Try to walk at least three times a day, 10-15 minutes. Gradually increase your distance and add light activities each day but if pain significantly increases stop immediately.
- Some pain is normal as you resume daily activities but it is important to not overdo it and that you take it slowly.



INCISION CARE

In most cases, dissolvable sutures have been used for your incision and will not need to be removed. The incision is covered with dermabond glue and will keep it closed. If you have staples or sutures that are not dissolvable, you will need to have them removed within 7-10 days following surgery. Please call our office to schedule removal of staples or sutures.

Follow the specific instructions give to you for your type of surgery. In general:

- You may shower at home 24 hours after surgery. The water-resistant dressing will keep the wound dry. Try to ensure shower is not directly hitting your incision and gently pat dry.
- Do not submerge your incision in water (bath) for at least 6 weeks unless directed by your physician.
- No lifting, pushing, pulling or overhead reaching/lifting of heavy objects over 5 pounds.
- No strenuous activity.

Call our office if you experience any of the following:

- temperature 101 degrees F or above
- increased redness, soreness or swelling in or around the incision
- foul-smelling drainage from incision
- incision opens
- nausea or vomiting
- dizziness or grogginess



PRIOR TO YOUR SURGERY DISCONTINUE MEDICATIONS AS FOLLOWS:

ANTICOAGULANTS:

Coumadin (warfarin) - Stop 7 days prior
 Eliquis (apixaban) - Stop 48 hours prior
 Heparin - Stop 24 hours prior
 Miradon (Anisindione) - Check with prescribing M.D.
 Xarelto (Rivaroxaban) - Stop 48 hours prior
 Effient (Prasugrel) - Stop 48 hours prior
 Fragmin - Check with prescribing M.D.
 Lovenox (Enoxaparin) - Stop 12 hours prior
 Pradaxa (Dabigatran) - Stop 48 hours prior

ANTIPLATELETS:

STOP ALL 10 DAYS PRIOR TO SURGERY

Aggrenox (Dipyridamole & Aspirin)
 Aspirin
 Excedrin
 Plavix (Clopidogrel)
 Ticlid
 Agrylin
 Ecotin
 Persantine (Dipyridamole)
 Pletal (Cilostazol)

ANTI-INFLAMMATORIES:

STOP ALL 10 DAYS PRIOR TO SURGERY

Ibuprofen - including Advil, Aleve and Motrin
 Actron (Ketorfen)
 Anaprox (Naproxen)
 Ansaid (Flurbiprofen)
 Anthropan (Choline Salicylate)
 Arthotec (Diclofenac Sodium & Misoprostol)
 Bextra (Valdecoxib)
 Cataflan (Diclofenac Potassium)
 Clinorial (Sulomdac)
 Daypro (Oxaprozin)
 Dolobid (Diflunisal)
 Feldene (Piroxicam)
 Indocin (Indomethacin)
 Lodine Iodine XL (Etodolac)
 Melclomen (Melflofenamate Sodium)
 Mobic (Meloxicam)
 Nalfon (Fenoprofen Calcium)
 Naprosyn (Naproxen)
 Ponstel (Mefenamic Acid)
 Relafen (Nagumentone)
 Toradol (Ketoralic)
 Tricosal, Trilisate (Chlorine & Magnesium Salicylate)
 Vioxx (Rofecoxib)
 Vitamin E
 Voltaren (Diclofenac Sodium)

***PLEASE CHECK WITH YOUR PRESCRIBING DOCTOR BEFORE DISCONTINUING A MEDICATION.**

Most maintenance medications including those for Diabetes and Hypertension, can generally be continued. As always, please check with your prescribing physician.



FINANCIAL POLICY FOR SURGICAL PATIENTS

Our office will contact your insurance company to verify coverage, eligibility and your out-of-pocket expenses (deductible and coinsurance) for services by our office. Please note we can only provide you with a list of our charges, feeds and an estimate of your responsibility.

You will be responsible for payment of health care services including fees that are not covered by your health insurance. We recommend that you speak with your insurance company, if needed, for more information regarding your coverage and limitations for your individual health plan to minimize unexpected out-of-pocket expenses.

We submit all claims to your insurance carrier and the insurance company then designates the definitive patient responsibility. An invoice will be sent to your primary address. You may contact our office at any time to make arrangements for payment. If you are unable to meet your financial obligations, please inform our office that you would like to be considered for a payment arrangement.

Payment can be made by Visa, Master Card, Discover or American Express.

Please note that all providers bill separately for their services. Unfortunately, we cannot provide you with any information regarding the fees of financial policies of any other providers. Please contact them directly for this information. Service providers may include: your physician, the hospital, anesthesia, radiology, pharmacy, rehabilitation, physical therapy and others.

If you have any questions regarding your statement please call the hospital. For any other questions please contact our office.