

SURGERY INSTRUCTION SHEET

Dr Sanjay Jatana

Orchard Falls

7800 East Orchard Road, ste 100
Greenwood Village, CO 80111

Phone: 303-697-7463 Fax: 303-783-1200



a partnership in:
 Denver Spine Surgeons

_____ is scheduled for surgery at Rose Medical Center on _____.

Check in time: _____ Please check in at the surgery entrance - 4600 Hale Parkway.

Surgery time: _____

PLEASE BE SURE TO BRING ANY FILMS YOU MAY HAVE WITH YOU TO SURGERY.

Pre-op Appointments:

PLEASE BRING A LIST OF ALL CURRENT MEDICATIONS.

Sign consents at the Orchard Office
7800 E Orchard Rd, Ste 100:

Date: _____ Time: _____

*Please read the enclosed
copies prior to your appointment.*

Pre-Admission labs / EKG /H&P
at Rose Hospital: 4600 Hale Pkwy #140

Date: _____ Time: _____

Drink plenty of water prior to your lab appt.

Post-op Appointments:

#1 At the Orchard Office:
7800 East Orchard Road, Ste 100

Date _____ Time _____ with Ross

#2 At the Orchard Office:
7800 East Orchard Road, Ste 100

Date _____ Time _____

Insurance Authorization _____

If you feel that you are having an urgent post op issue please call the office and speak to either Toreen, Ross or Dr Jatana ASAP. Do not leave a voice message.

PLEASE SEE THE 2nd PAGE OF THIS FORM FOR ADDITIONAL PRE-OP INSTRUCTIONS

If you have any questions please contact Toreen at 303-697-7463 ext 120 or
tovind@denverspinesurgeons.com. Thank you and Get Well soon!!!!!!

PLEASE NOTE THAT IN SOME CASES, DUE TO UNFORESEEN EVENTS INCLUDING EMERGENCIES, SCHEDULING CONFLICTS, INSURANCE ISSUES OR ABNORMAL PRE-OP TESTING RESULTS, YOUR SURGERY MAY NEED TO BE POSTPONED OR RESCHEDULED.

Pre-operative testing and Consents: pre-operative physicals with your primary care physician are required for all patients with a history of heart disease, high blood pressure, diabetes, asthma, COPD, and other significant medical conditions, such as obesity or a family history of coronary artery disease. If you do not fall into one of these categories you will be scheduled with our Physicians Assistant or the Hospitalist at Rose for a brief History and Physical. **Be prepared to provide a medical history, including a list of current medications and dosage, allergies, and previous surgeries** at your pre-op appointment. Anesthesia guidelines require that some lab work be drawn within 14 days of surgery. EKG's are required on all patients over 40 years old and must be no more than six-months old. Pre-op orders will be faxed or called in to the hospital. In most cases, **you will go to the hospital for pre-op testing.**

Insurance pre-certification: most in-patient surgeries require pre-authorization from the insurer. Although the Surgical Coordinator will obtain pre-certification, patients are strongly encouraged to check with their insurance carrier regarding membership benefits and eligibility. Many surgeries, including back surgery, do not require pre-certification when performed on an out-patient basis. Most micro-lumbar surgery patients are admitted on a 23-hour outpatient basis. **It is the patient's responsibility to obtain a referral from their PCP**, if required. Check with your HMO's membership benefits if you are unsure.

Do not hesitate to contact the Surgical Coordinator if you have any questions at any time during the surgery scheduling process. She can be reached at 303-697-7463 ext 120 or tovind@denverspinesurgeons.com. Please leave a detailed message on the voice mail and a number and time when you can be reached. If your call is regarding an urgent medical matter, contact the main office. We are available Monday - Thursday, 8 am - 5 pm and Friday 8 am – 4 pm to assist you.

DO NOT EAT ANYTHING AFTER MIDNIGHT the night before your surgery. We understand that surgery is sometimes later in the afternoon and that this may be difficult for some patients, but if you are moved up on the schedule and you have anything in your stomach, you will not be able to receive anesthesia. Eating or drinking anything the day of surgery may cause your surgery to be cancelled. **CLEAR FLUID ONLY** (water, black coffee or plain tea, carbonated beverages, and pulp-free juice), if instructed by the hospital pre-op nurse, is allowed by Dr. Jatana six hours prior to your surgery time. Please check with the Surgical Coordinator if you are not sure. When in doubt, eat or drink **NOTHING!** Diabetics will receive special instructions from the pre-op nurse. Do not smoke or drink alcohol 24-hours prior to surgery. You will receive instructions from the pre-op nurse regarding which medications to take the morning of surgery. Generally, **most routine medications should be taken with a small sip of water on the morning of surgery.**

■ **DO NOT TAKE ANY ASPIRIN, aspirin products, or anti-inflammatory medication** one week before surgery; this includes prescription and over-the-counter medications such as: Advil, Ibuprofen, Motrin, Naprosyn, Aleve, Celebrex, Daypro, Relafen, Voltaren, Lodine, and combination medicines like Vicoprofen. These medicines can cause bleeding problems during surgery. Narcotic pain medications, muscle-relaxants, and Tylenol (acetaminophen) are okay to take before surgery.

■ **Discontinue the use of diet pills and all herbal or "natural" supplements** such as ginkgo, ginseng, valerian root, St. John's wort, melatonin, shark cartilage, chondroitin, glucosamine, and ephedra two weeks before surgery, or as soon as possible. **Do not take vitamin E or fish oil** one week before surgery. Most multi-vitamins, vitamin A, B, C, D, and calcium may be continued.

■ Do not schedule any dental work, especially cleaning, within two weeks of surgery.

■ **If you develop a cold, fever, persistent cough, infection or become ill within 48 hours of your surgery, notify the office immediately at 303-697-7463.**

Prescription refills are done on Monday, Tuesday and Wednesday and must be called into 303-697-7463 ext 146 or faxed from your pharmacy to 303-783-1200.