



**NORTHWEST SUBURBAN  
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## **ABOUT YOUR SURGERY - A GENERAL GUIDE FOR PATIENTS**

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Dear Patient:

Whether your operation is major or minor, outpatient or inpatient, under anesthesia or not, there are a few important prerequisites that apply universally. There will be some specific instructions that you will receive both pre-operatively and post-operatively that apply to your particular operation. This information packet covers the general matters regarding all of the procedures that we perform.

- ◆ For most procedures, aspirin and other blood thinners must be stopped approximately one week before surgery. Many over-the-counter products contain aspirin. If you take aspirin to control arthritis or pain, you will have to switch to Tylenol or another medicine that does not interfere with blood clotting.

If you are taking a more potent blood thinning medication like Coumadin or Warfarin, please notify your doctor and we will make appropriate arrangements for surgery. It is very important to follow the specific instructions of the doctor regarding these particular medications.

- ◆ We must have a complete and accurate list of your medications - all of them! Bring a written list or the medicine bottles to your pre-operative office visit or call us from home and read the labels on the bottles to one of the office staff.
- ◆ An office visit before your surgery is absolutely necessary for good patient care. The timing and extent of this pre-operative visit will depend on the nature of your surgery and your health status. For patients whose surgery will be done under anesthesia, the hospital requires that a pre-operative history and physical or pre-operative consultation be completed by the surgeon prior to your surgery. Some patients will also have to see their primary care physician before surgery. This will be determined by many factors, including the nature of the operation, your general state of health, and your doctor's preference.

If you experience **any change in your health status** between the time of your pre-operative office visit and your hospital surgery date, please make sure you notify our office immediately.

- ◆ Post-operative visits are just as important as your pre-operative visits. It is during these office calls when the doctor will, among other things, remove stitches, check the wound, remove drains, check the urine, inquire as to the effects of the surgery and/or medicine

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given to you after the surgery, and review with the patient and family the findings of the operation and any laboratory tests or biopsies done during the surgery.

Immediately after the operation, the doctor will instruct you, or the family member/friend in the waiting room, when to make the first post-operative visit, along with giving any other necessary post-operative instructions and prescriptions. You must call the office to schedule the appointment within the time frame directed by the doctor. Call the next business day following the procedure to schedule this first visit. Subsequent visits will be discussed at the first visit. Post-operative visits are included in the surgical fee for a variable period of time. The length of time depends on the nature and complexity of the operation, post-operative course, and other factors.

- ◆ Procedures done under general or spinal anesthesia require certain pre-surgical tests. These tests are required by the hospital and anesthesiologist and the surgeon has no control over them. Except for certain HMO patients, these tests will be performed at the hospital where your surgery is scheduled and the hospital will tell you when they must be performed, usually five to seven days before the operation. Failure to have required tests performed will result in your surgery being canceled.
- ◆ Please check with your insurance carrier to see if pre-certification or pre-authorization is required for the surgical procedure you are having. Some procedures require this administrative process while others do not. If your procedure does require pre-certification or pre-authorization, you must notify our office so that we may make sure your insurance company has been contacted and given the information that they require.

Your surgery is very important to both you and your doctor. If you have questions, no matter how trivial you consider them to be, please ask! Depending upon the nature of your question, it will be answered by your doctor or a member of our staff. The best surgical results are produced by the joint efforts of a skilled physician, a confident, well-informed patient, and a competent health care team. This is our goal.

Very truly yours,

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