

Surgery Scheduling Packet

Dr. Burrus has recommended surgery for the treatment of your orthopedic condition. This packet has been developed to help answer some of your questions regarding your surgery. We hope that we can make your surgical experience as pleasant as possible.

Scheduling Process

The surgery scheduler, **Brandi Nunez-Alvarez** will contact your insurance company to verify your surgical benefits and obtain any authorizations if needed for your surgery. She will contact the Surgery Facility and coordinate the next available time and date according to the physician's schedule. After this information is collected, she will contact you. She will also inform you of any out of pocket cost for your physician's services.

We ask you to please be patient and also to keep in mind that the surgery scheduling process may take somewhere from 5-10 business days, unless Dr. Burrus has marked your surgery as urgent; otherwise your surgery is considered as an elective procedure. Prior to her call, please begin to look at dates which would fit within your schedule. Dr. Burrus normally performs surgeries on Monday afternoon, Tuesday afternoon, and all day Thursday. If you have not heard from her in the time stated above please contact Brandi directly at (512) 617-8082.

Once the surgery date is decided upon, Brandi will schedule your first postoperative visit with Dr. Burrus as well as your first postoperative physical therapy session (if needed).

Patient Education (for certain procedures)

To learn more about your procedure and see an animated video, go to www.orthoillustrated.com and search _____.

Equipment

For knee surgery, a calf compression device to reduce the risk of blood clots and an ice pack system (cold compression therapy) will be delivered to your house the day of surgery or 1-2 days before. HB Medical will reach out to you to confirm the delivery of these devices. If you have any questions, then call the customer service hotlines at 1-800-508-0712 or 918-528-3870 (for billing questions). For shoulder, hip, and ankle surgery, a calf compression device will be delivered, and the ice system can be purchased online through Amazon.com (<https://hbmedical.net/cold-therapy>).

- The company will arrange delivery, and there is no personal cost for the equipment from HB Medical. This equipment is for you to keep.
- Instructions for usage will be provided with the equipment, have been included at the end of this packet, and can be found on <https://hbmedical.net/>.

Crutches can be purchased in clinic or can be obtained from one of many options such as CVS, Walmart, etc. If you are having lower extremity surgery (hip, knee, ankle, or foot), then you will need crutches, and these should be obtained prior to the date of surgery.

Important Information About Surgery

Do not eat or drink anything (water, gum, mints, coffee, juice, etc.) after midnight the night before your surgery unless otherwise notified. Please remember it is hazardous to undergo anesthesia or surgery with anything in your stomach.

If you routinely take medications for other health conditions such as high blood pressure, you may take your medications on the morning of your surgery with a small sip of water only.

Stop taking Aspirin and other anti-inflammatory drugs such as Motrin, Ibuprofen and Aleve within 5 days prior to surgery, as these can cause excessive bleeding. Some heart conditions require that Aspirin is continued, and if you have any concerns about this then ask Dr. Burrus.

If you are on anticoagulants/blood thinner such as Coumadin (Warfarin) and Plavix (Clopidogrel) or if you are unsure if you are taking anticoagulants/blood thinners, you must inform Dr. Burrus.

Prior to surgery, it is very important that Dr. Burrus is aware of all your medical history. Any recent changes in your health or a new diagnosis should be reported. This may include, but not limited to diabetes, heart disease, lung problems, bleeding disorders or recent infections. Please be sure that your medical history information that we have is complete and up-to-date.

If you develop a rash, infection, or have any other skin issues over the joint or area where the surgery will be performed, then immediately let Dr. Burrus know as surgery may need to be delayed.

Wear loose fitting clothing over the part of the body that you are going to have surgery. Tight fitting clothing may not be comfortable or fit over bandages, casts or splints.

Please leave all your valuables and jewelry at home; there is not a safe place to lock up such belongings at the surgery center or hospital.

If you are scheduled to stay overnight in the hospital, please remember to pack a small overnight bag accordingly.

If you are scheduled for outpatient surgery, you are not going to be capable to drive yourself home. Please make arrangements for your transportation home.

You should arrive 1 (one) to 2 (two) hours prior to your surgery depending on the location of your surgery.

The Anesthesiologist will either contact you the evening prior to your surgery or talk to you the morning of surgery to discuss any questions or concerns you may have.

Financial Aspects of Surgery

Insurance Benefits

As you know, most insurance plans require that you pay a deductible, co-pay, or a co-insurance. We require that you pay your deductible, co-pay, co-insurance or any other out-of-pocket requirements for your surgery at least 3 days in advance. This pre-payment is based on an estimate, and the final bill may be less or more once the claim is processed by your insurance plan. For your convenience, payments can be made with cash, check, credit card, or you can apply for care credit online at www.carecredit.com for a payment plan.

Surgical Assistant Fee

A Licensed Surgical Assistant (LSA) may be required based on the surgical procedure. The LSA helps the surgeon carry out the procedure in a safe and efficient manner. Dr. Burrus will request the assistant only when necessary. LSAs are independent practitioners; they are not employed by OACT or the medical facility where the surgery is being performed. All fees for LSA services are originated from a 3rd party office. They bill for their services separately.

Many insurance companies cover the cost of the LSA. However, you will be responsible for all or part of the fee if:

- You do not have insurance
- Your insurance company does not cover the use of an LSA
- You are insured by a government plan, including Medicare, Medicaid, and Military Insurance plans (these plans do not cover LSAs)
- The LSA is not in your insurance company's network
- Your deductible and/or out of pocket fees have not been met

The LSA working with Dr. Burrus will charge a maximum of \$350 if you meet one or more of the reasons listed above.

Home Health Care

Following some surgeries you may require home healthcare. For your convenience, we will contact Dr. Burrus' preferred company (Rainier Home Health) and provide them the necessary information to contact you and prepare you for being home after surgery. If you have another company you prefer, please let Dr. Burrus or his medical assistant know so we can get them the necessary information.

Facility & Anesthesiologist Fee

Dr. Burrus has privileges at several different hospitals and surgery centers. The facility where your surgery is scheduled will contact you regarding their separate fees. Anesthesia is provided by the individual facility, and they will be able to provide you with information regarding these fees.

Surgeries must be cancelled at least 3 days prior to the scheduled date to avoid a \$100.00 late cancellation fee.

By signing below, I am acknowledging I have read and understand the statements of the Financial Aspects of Surgery.

X _____
Patient Signature Date

X _____

Print Name

Pre-Surgery Clearance Information

Occasionally, it is necessary to obtain a medical clearance from your Primary Care Physician, Cardiologist, or any other physicians you may have prior to scheduling your surgery to make sure there are no underlying health issues that would prevent or delay you from having your procedure. Our office will request the clearance for your surgery but please keep in mind the clearing physician may need to see you in their office prior to providing this, and it will be your responsibility to schedule this appointment. Please provide us with the names of your physicians and their numbers if you have them below.

Primary Care: _____

Cardiologist: _____

Additional Physicians: _____

Thank you for your cooperation in this matter,

Surgery Scheduling Department

Pre-Surgery Body Cleansing Instructions

Getting your skin ready for surgery is extremely important! To do this, one must cleanse your skin with CHG. This is a special chemical found in soaps such as Hibiclens and other brands. Purchase the 4% Hibiclens at any pharmacy (Walmart, CVS, Walgreen, etc), and it does not require a prescription. Before using, read all instructions!

Frequency for bathing must be once a day, for 3 days prior to surgery, & the morning of surgery for the best results!

Steps for showering or bathing with the CHG/4% Hibiclens: If allergy reactions occur, stop using.

1. Wash and rinse your hair, face, and body using your normal shampoo and soap.
2. Make sure you completely rinse off in a very thorough manner.
3. Turn off the shower, or step out of the bathwater.
4. Pour a quarter size amount of liquid CHG/Hibiclens soap onto a wet, clean washcloth, and apply to your entire body FROM THE NECK DOWN. Do NOT use on your face, hair, or genital areas.
5. Rub the soap filled washcloth over your entire body for 3 minutes; apply more soap as needed (1/4 of bottle should be used with each of the 4 showers/cleansing). Avoid scrubbing your skin too hard.
6. Turn on the shower/return to the bath, and rinse the soap off your body completely with warm water.
7. Do NOT use regular soap after washing with the Hibiclens.
8. Pat your skin dry with a freshly-laundered, clean towel after each shower/bath cleansing.
9. Dress with freshly-laundered clothes after each shower/bath cleansing
10. It is important the night before surgery to sleep with clean bed linens!
11. Do NOT apply any lotions, deodorants, powders, or perfumes to your body the night before or day of surgery.
12. Do NOT shave your legs the night before or the day of surgery! Nor remove any body hair below the neck. Facial shaving is the only thing permitted before surgery.

Pre-Surgery Body Cleansing Instructions (FOR SHOULDER SURGERY ONLY)

In addition to following the above instructions regarding CHG/4% Hibiclens washing, you should use Benzoyl Peroxide to clean your entire operative arm and hand with warm water in the shower. Wash the entire arm and the side of your upper body (chest, armpit, and abdomen) for the side that you are having surgery. Be thorough when you clean your shoulder/elbow and armpit. The armpit should be the last area that you cleanse. Repeat the morning of surgery.

Frequency for bathing must be once a day, for 3 days prior to surgery, and the morning of surgery for the best results!



These are examples of the type of Benzoyl Peroxide wash (10% is best) and CHG/4% Hibiclens that we recommend. Most stores such as CVS, Target, Walmart, or Walgreens should have it.



Surgical Nutrition

The Stress of Surgery

Surgery introduces a significant amount of stress on the body, which triggers inflammation and depletes nutrients; this can result in slower healing, an impaired immune response, and an increase in the risk of postoperative complications, especially infections.

Pre-Surgery Nutrition Guidelines

- Eat enough protein. At least 1 - 2 weeks before surgery, make sure to eat enough protein every day. Protein needs are based on the amount of muscle that you have, but research has shown that 65 - 100 grams per day are proving to be optimal. Protein provides building blocks for our muscles, bones, and our immune system. You want to be as strong as possible going into surgery.
- Stock up on fruit and vegetables. Include fruit and vegetables at most meals and snacks. More specifically, greens. Greens are great for your skin and repair of muscles, bones, and cartilage because they contain loads of vitamins and minerals including vitamins C, K and magnesium.
- Include whole grains. Be sure to include good sources of whole grains to give your body all the B vitamins it needs to combat stress.
- Consider reducing or eliminating additional sugars, caffeine, and alcohol from your diet. These create more stress on the body and actually remove nutrients from the body.
- Hydration before surgery also is important. Studies show that when patients are well hydrated, they report less pain and nausea after surgery.

Post-Surgery Nutrition Guidelines

- Eat smaller meals more often if your appetite has decreased.
- Include fiber. Add fiber at each meal and snack from fruits, vegetables, cooked beans, and whole grains. Fiber helps maintain normal bowel movements.
- Eat enough protein. Have protein at each meal for your muscles and bones. It is found in meat, fish, eggs, poultry, nuts, dairy products, soy products, and cooked/dried beans.
- Calcium is an important component of bone. Drink milk or calcium-fortified juices, and eat yogurt or cheese. Your doctor may recommend a calcium pill and vitamin D if you don't get enough from your food.
- Vitamin C helps the body heal wounds and form bone. Get vitamin C from citrus fruits, green and red peppers, collard greens, broccoli, spinach, strawberries, tomatoes, and potatoes.
- Remember to drink plenty of water. To avoid constipation, drink at least six to eight cups of fluid a day.