



3030 Executive Drive – Venice – Florida 34292 Phone: 941-485-1505

Pre-Op Surgical Packet for Arthroscopic Rotator Cuff Repair.

We know that you have many questions about your surgery and what to expect. The following pages contain answers to the questions most commonly asked by our patients and their families and was created with their input. Please take time to carefully read through the material.

Important Dates to Remember ***

Surgery Date: _____

First Post-operative Appointment: _____

Scheduled with : _____

Scheduled at:

3030 Executive Drive
Venice, FL 34292

779 Medical Drive
Englewood, FL 34223

Pre-Operative Checklist

* Your procedure is scheduled for _____ at _____.

Please notify our office immediately if you should develop a cold, fever, cough, flu-like symptoms, or any other illness the day before your surgery.

* Please bring your insurance cards with you to your surgery location.

* Do not eat or drink anything after midnight. This includes water, gum, candy, and tobacco products.

* Do not bring valuables to the Surgery Facility.

* Do not wear jewelry, nail polish, contact lenses, or make-up.

* You will need to shower or bathe the evening before and the morning of the surgery. In some cases, a special soap will be provided for you. Please use this as instructed.

* Wear comfortable, loose-fitting clothes.

* Who will be driving you home? You must have someone available to drive you home after your surgery.

* Who will be staying with you at home for the first 24 hours? For your safety, someone should be with you the first 24 hours following your procedure.

* Will your home be safe and easy to get around in after your surgery? Have someone help you clear indoor and outdoor walkways of clutter and obstacles such as plants, furniture, or small rugs. Place items you use every day within easy reach.

* Have Post Op pain medication filled and ready to take as directed. Your medication will be called in the day prior to your surgery. If surgery is on a Monday, then medication will be called in the Friday before. This medication is NOT to be taken until post op. Make sure we have the correct pharmacy in your chart. No mail order pharmacies can be used.

* Have ice ready to use.

** Additional Comments/Instructions:

Patient's Responsibilities

1. Your Financial Responsibility: Our business office staff will contact your insurance carrier and ascertain your financial obligation prior to your surgery. This is for your surgeon's portion of the surgery ONLY. You will receive separate statements from the anesthesiologist and the facility. There may also be an additional charge if your surgery requires an assistant surgeon.

2. Pre-authorization: Pre-authorization (or pre-certification) Some insurances require pre-authorization for your surgery. Our Authorizations team will reach out to your insurance carrier and provide them with details on your surgery in order to obtain approval. If you have any questions about this, you can call 941-485-1505 ext 110 and speak to Lisa in authorizations, or one of her team members. Our staff will work diligently to provide the needed information to the insurance company in order to receive approval.

3. Prescription Medications: *Pre Surgery:* The hospital or surgical center will give you specific instructions on which medications you may or may not take the morning of your surgery. If you do not get this information, please contact our office for instructions. If you take medications such as anti-inflammatories (aspirin, ibuprofen, Motrin, Advil, Naprosyn, Lodine, Voltaren, Relafen), vitamin E, or herbal supplements, they must be stopped 5 days prior to surgery. Surgery may be cancelled if you do not stop these medications.

3a. Prescription Medications: *Post Op:* **The day before your surgery we will send your post op pain medication. If your surgery is on a Monday, we will call it in to your Pharmacy the Friday prior. You will be given a medication for post op nausea that can occur while taking pain medication, and/or from anesthesia. Please make sure that we have the correct pharmacy on file. Pick up you medication the day before surgery so that you have it available to you when you come home from surgery. Do Not begin this medication under any circumstances until AFTER your surgery. Please do not call the office asking about the pain medication until you have reached out to your pharmacy.**

4. Smoking: It is essential that you stop smoking a minimum of one month before surgery and continue at least three months post-operatively. There is up to a 20-fold increase in risk and/or complications with wound and bone healing for patients who smoke. If you continue to smoke, you will place your surgery and its outcome at risk. If you need referrals to a support group to help you quit smoking, we will be happy to assist you. Please contact your primary care provider for other assistance.

5. Worker's Compensation: If your surgery is a result of a work-related accident or injury, we must have all contact information as soon as possible. If you are working with an attorney or have a case manager, please be prepared to provide that information. We will not be able to schedule surgery or subsequent follow-up appointments without clearance from the worker's compensation carrier. In some instances, surgery will be delayed pending approval from the carrier. Please be advised that we are required to complete considerable paperwork and documentation for worker's compensation cases. Worker's compensation information is not protected under the HIPAA (Health Insurance Portability and Accountability Act) and your signed consent is not required each time documentation is requested. We strive to maintain the confidentiality of your information and will release only that information which is specifically requested by the carrier or adjuster.

6. Home Health Nursing and P/T: In some cases, if your insurance allows for Home Health, and we work with companies that accept your insurance- we will arrange for a Home Health nurse to come and change your bandages, and a Physical or Occupational therapist that will come and help you with your home exercises, and to make sure you are safe. Post Op exercise will be required as part of rehabilitation from your surgery.

7. Immobilizer: Your immobilizer must be worn at all times except when doing the pendulums and to shower. Taking the immobilizer off at any time in the 6 weeks after your surgery is being non-compliant with the post op instructions. You run the risk of injury and complications to the shoulder. You may take your wrist out of the wrist cuff, and use the elbow, wrist, and hand to do exercises, and to do small tasks like hold a cup or type on a computer. You are not allowed to lift anything greater than 5lbs with the surgical arm for 12 weeks.