

DR. ANANT KUMAR, M.D.

Important Information for Scheduling Your Surgery and Pre-Operative Instructions

Welcome to Colorado Spine and Scoliosis. We understand that this can be a stressful time for our patients and their families. We are here to help you and make this as pleasant an experience as possible. Please review this important information regarding the scheduling process.

■ **YOUR SURGERY DATE:** Dr. Kumar typically operates on Mondays and Wednesdays at Porter Adventist Hospital and Pres. St. Luke's Hospital. We will do our best to accommodate your preferences regarding dates and hospitals. If you have not received a call from the Surgery Office within a day or two of your visit, and you are ready to schedule your surgery, please call the office.

■ **INSURANCE PRE-CERTIFICATION:** most in-patient surgeries require pre-authorization from your insurance company. Although the Surgical Coordinator will obtain pre-certification, patients are strongly encouraged to check with their insurance carrier regarding membership benefits and eligibility.

■ **PRE-OPERATIVE TESTING AND CONSENTS:** A pre-operative consultation and physical with your primary care physician or pre admission testing is required prior to surgery. **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. **You will also need to make a consent appointment with Dr. Kumar within the 2 weeks prior to surgery.**

Pre-Operative Instructions

1-2 WEEKS PRIOR TO SURGERY:

■ **SMOKING:** If you smoke cigarettes, it is strongly advised that you decrease the amount you smoke or stop smoking completely. Research indicates that smoking adversely affects bone healing and will thus delay or impede your full recovery following surgery. Inhalation of smoke irritates the breathing passages and may lead to respiratory problems during and after surgery. Talk to your surgeon regarding alternative oral medications or patches to use to assist you in quitting.

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

■ **HOUSEHOLD PREPARATION:** Prepare meals in advance. Make sure that you have easy snacks and individually packaged juices. Try freezing meals in individual portions that can easily be reheated. Make arrangements for help with cleaning, cooking and daily household activities.

■ MEDICATIONS: PLEASE DO NOT TAKE ANY OF THE FOLLOWING MEDICATIONS AT LEAST 7 DAYS PRIOR TO SURGERY:

(These medications may cause bleeding problems during surgery)

- Non-Steroidal Anti-Inflammatory Drugs (NSAID's):
Advil, Aleve, Anaprox, Ansaid, Arthrotec, Bextra, Cataflam, Celebrex, Daypro, Diclofenac, Feldene, Ibuprofen, Indocin, Ketoprofen, Lodine, Mobic, Motrin, Naprosyn, Naproxen, Oruvail, Toradol, Relafen, Vicoprofen, Vioxx, Voltaren
- Medications containing Aspirin:
Alka-Seltzer, Anacin, Aspirin, Bayer Arthritis, Bufferin, Darvon Compound, Ecotrin, Excedrin, Fiorinal, Pepto-Bismol, Percodan

If you have spinal fusion surgery, you will NOT be able to take NSAIDS or medications containing aspirin for about 3 months (until your doctor tells you that your fusion appears solid).

- Estrogen Products:
All oral contraceptives, hormone replacement therapy
- Anticoagulants and Antithrombotics
Aggrenox, Coumadin, Ecotrin, Fragmin, Halfprin, Heparin, Lovenox, Orgaran, Persantine, Plavix, Ticlid. You will need to consult your physician regarding plans for stopping these medications.
- MAO Inhibitors
Nardil (Phenelzine) Parnate (Tranlylcypromine)

DISCONTINUE THE FOLLOWING HERBS AND SUPPLEMENTS 14 DAYS BEFORE SURGERY:

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|----------------------------------|--------------------|
| • Echinacea | • Saw Palmetto |
| • Feverfew | • St. John's Wort |
| • Garlic | • Valerian Root |
| • Ginkgo Biloba | • Shark Cartilage |
| • Ginseng | • Glucosamine |
| • Siberian Ginseng | • Chondrotin |
| • Kava | • Vitamin E |
| • Multi-Vitamin containing Vit.E | • Ephedra/Ma Huang |

The following medications MAY be taken prior to surgery:

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|---------------|-------------------------|
| Acetaminophen | - MS Contin |
| - Darvocet | - MSIR |
| - Darvon | - Oxycontin |
| - Dilaudid | - Percocet |
| - Duragesic | - Roxanol |
| - Fioricet | - Tylenol + Codeine |
| - Lorcet | - Tylenol |
| - Lortab | - Vicodin (Hydrocodone) |

This list of medications to discontinue is not complete. Other medications may contain these products as well. Please check with your physician if you are taking other medications.

■ EQUIPMENT/SUPPLIES: Have a supply of ice cubes and reusable, flexible icepacks or packages of frozen peas to use for applying to the surgical area. **Adaptive**

equipment such as raised toilet seats, shower seats, and walkers may be recommended. These items should be purchased and tested prior to your operation.

■ WHAT TO BRING TO THE HOSPITAL:

- Two comfortable loose fitting outfits (i.e. jogging suit, nightshirts, bathrobe etc.). Comfortable shoes and socks and slippers.
- A short robe that opens completely in the front. (Do not bring one that needs to be “stepped into.”)
- Toothbrush, toothpaste, comb/brush, and any other personal grooming items that you normally use daily.
- Personal stereo (Walkman) with relaxation tapes, favorite music, books on tape, books and magazines.
- A list of current medications and all known allergies.
- Your insurance card.
- Photo ID.
- **Please leave valuables (jewelry, watch, or money) at home.**

■ THE NIGHT BEFORE SURGERY:

- Make sure your hospital bag with your belongings is packed.
- Do **NOT** eat or drink anything after midnight the night before surgery.
- Make sure you have directions to the hospital.
- Set your alarm clock.
- Remove all nail polish.

■ THE MORNING OF THE SURGERY:

- **Do not eat or drink anything.** Eating or drinking anything the day of surgery may cause your surgery to be cancelled.
- If you take morning medications, ask your surgeon which medications you are allowed to take. Allowed medications can be taken with a sip of water.
- You may brush your teeth, but be sure not to swallow any water.
- Wear loose, comfortable clothing.
- Avoid the use of perfumes or cosmetics.

■ Braces/collars: If you were fitted for a brace or collar before surgery, you must bring it with you to the hospital on the morning of surgery. If you were not fitted for a brace or collar prior to surgery, you will be measured and fitted after surgery. Patients having surgery due to kyphosis or scoliosis will always be braced after surgery.

Do not hesitate to contact Lesley or Cathy if you have any questions at any time during the surgery scheduling process. 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. **(720) 452-3355.** *I acknowledge that I have read through and have been instructed in the above pre-operative instructions.*

Patient

Date

Witness

Date