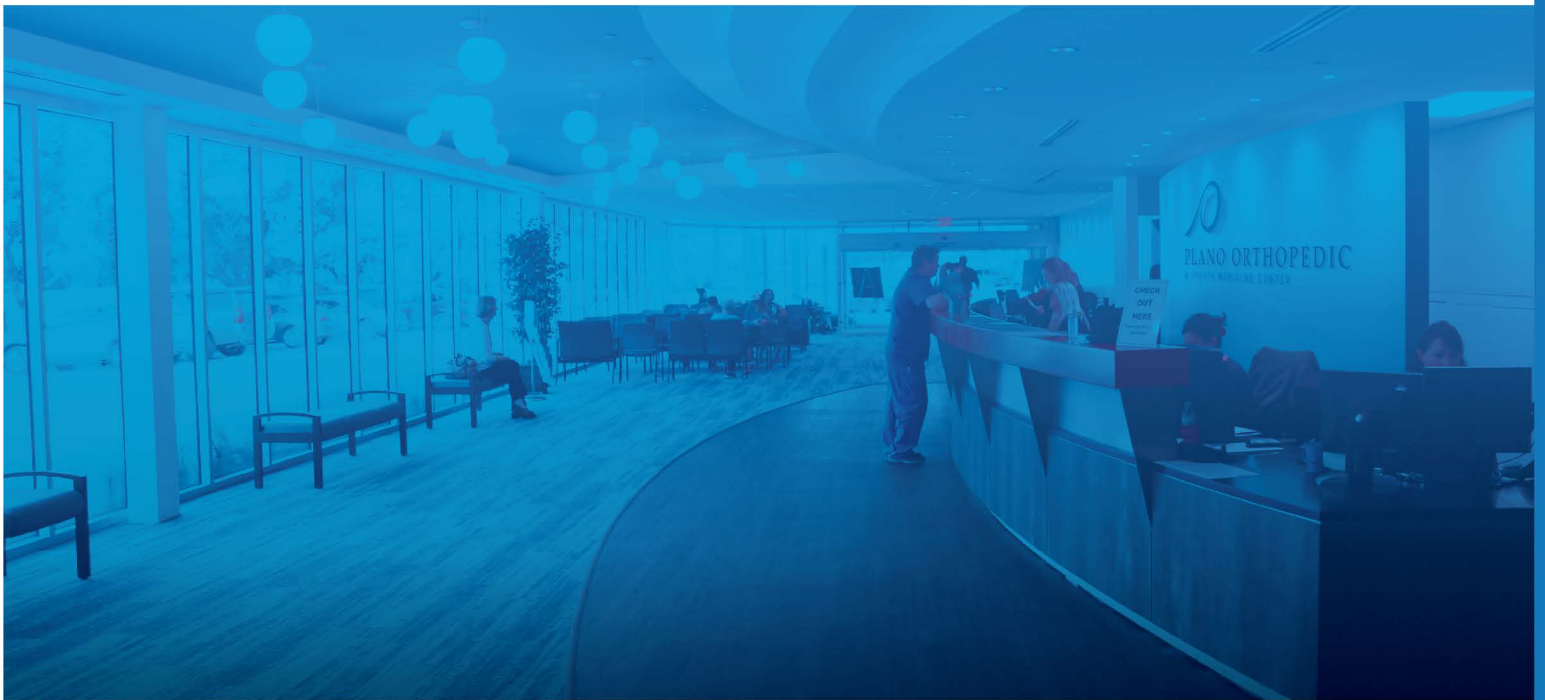


Dawn M. Grosser, M.D.
SURGERY PACKET



PLANO ORTHOPEDIC
& SPORTS MEDICINE CENTER

www.POSMC.com

Schedule Your Surgery Today 972-250-5700



Patient Name: _____

PRE-OP APPOINTMENT

Your Pre-Op Appointment with _____ will be at the main office, **5228 W. Plano Parkway.**

Date: ____ / ____ / ____

Time: _____

Bring a list of ALL current medications (including over the counter) and allergies with you

SURGERY APPOINTMENT

Your surgery is scheduled for -

Date: ____ / ____ / ____

Time: TBD _____

You will be called the day before surgery with the time.

Your surgery will be at the location noted below -

Legent Orthopedic Hospital
1401 E. Trinity Mills Rd.
Carrollton, TX 75006
phone. 972.810.0700

**Texas Health Surgery Center
Preston Plaza**
17950 Preston Rd., Suite 75
Dallas, TX 75252
phone. 972.267.5400

**Baylor Scott & White
Medical Center at Frisco**
5601 Warren Parkway
Frisco, TX 75034
phone. 214.407.5000

For any questions or concerns regarding anesthesia, please contact -

USAP -Texas (North) – 972.715.5080

Lighthouse Anesthesia (Dr. Daniel Kim) – 214.215.9882

Dallas Anesthesia Group – 469.515.5155

For further information or assistance please call your Surgery Coordinator



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PREOPERATIVE APPOINTMENT INFORMATION

All questions regarding the procedure, postoperative care, and restrictions will be discussed at this visit.

Is Preoperative blood work, EKG, and/or chest X-Ray required? YES NO

If Preoperative testing is required, please contact your Primary Care Physician as soon as possible to determine if they can complete these tests for you.

**FAILURE TO COMPLETE PREOPERATIVE TESTING PRIOR TO THIS APPOINTMENT
MAY RESULT IN POSTPONEMENT OF YOUR SURGERY.**

Please bring a list of ALL current medications (including over the counter) and allergies to this appointment. This information is important for your physician and may affect postoperative medications given.

It may be helpful to write down any questions you may have regarding your upcoming surgery and recovery. This is your best opportunity to discuss any questions or concerns directly with your care team.

Diagnosis Code(s): _____

Possible Procedure Code(s): _____

Length of SX: _____

NOTES _____

DAY OF SURGERY

Please read the following instructions for your upcoming surgery.

7-10 Days Prior to Surgery - NO Advil, NO Aleve, NO Mobic, NO Ibuprofen, NO Motrin, NO Aspirin, NO Naproxen, and NO Fish Oil.

If the doctor's PA has determined you need lab work done, you must have your lab work drawn at least 1 week prior to your surgery date and have it faxed to your assigned Surgery Coordinator.

If you were given a script for lab work, YOU MUST have this completed prior to surgery. If you have had recent EKG, chest x-ray or blood work, please have them faxed to your scheduler's fax number. This will avoid any un-necessary repetition.

DO NOT HAVE ANYTHING BY MOUTH TO EAT, DRINK (this includes water), OR SMOKE after 12:00 am, midnight, the night before surgery unless you are given different directions by the anesthesiologist or the hospital nurses. **THIS IS AN ANESTHESIA RULE - NO MATTER WHAT TYPE OF ANESTHESIA YOU ARE GOING TO HAVE, i.e. local, or general.**

The anesthesiologist should call you the night before surgery to explain the anesthesia and answer any questions. If for some reason they do not call it is because they had an emergency surgery. In that case, the anesthesiologist will talk to you prior to your surgery.

If you have a cold or any other infection prior to your surgery, please notify our office.

If you get a cut, scratch or burn on the body part to be operated on, you must notify our office ASAP.

NO JEWELRY. TAKE OUT ALL PIERCINGS! This includes rings, earrings, tongue piercings and any other piercings.

Please remove dentures and contacts prior to surgery (in pre-op area).

Remove nail polish on fingers and toes, as bacteria may remain in microscopic imperfections of nail polish which poses an added risk of infection.

Bring any post-op equipment, you may have been given by your doctor, with you on the day of surgery.

You need to arrange for a responsible person to drive you home after you are discharged from surgery.

If the patient is a minor (under the age 18), a parent or legal guardian must be present at the time of the procedure. You need to arrange for a responsible person, someone that you know, to drive you home. **YOU CAN NOT DRIVE YOURSELF HOME OR GO HOME BY TAXI (UBER/LYFT - ANY CAR SERVICE).**

Dressings/casts are to be left on until your first follow-up visit when they will be removed or changed. **BE SURE TO KEEP THIS DRESSING/CAST DRY UNTIL THAT APPOINTMENT!!**

A post-op appointment will be made by the Surgery Coordinator.

POST-OP REMINDER: For the first three days after surgery, keep the extremity elevated above your heart to help reduce swelling and pain.

You understand that your surgery may be cancelled or postponed if you fail to comply with these instructions.

DAY OF SURGERY

Please read the following instructions for your upcoming surgery.

In the interest of your well-being, failure to abide by these instructions may make it necessary to cancel or delay your surgery.

**DO NOT TAKE ANY OF THE FOLLOWING MEDICATIONS ON THE DAY OF YOUR SURGERY
For General Anesthesia**

Angiotensin II Receptor Blockers ARBS

<u>BRAND</u>	<u>GENERIC</u>
Atacand	Candesartan
Atacand HCT	Candesartan HCTZ
Avalide	Irbesartan HCTZ
Avapro	Irbesartan
Azor	Omesartan/amlodipine
Benicar	Olmesartan
Benicar HCT	Olmesartan HCTZ
Cozaar	Larsatan
Diovan	Valsartan
Diovan HCT	Valsartan HCTZ
Exforge	Amlodipine/Valsartan
Exforge HCT	Amlodipine/Nalsartan HCTZ
Hyzaar	Losartan HCTZ
Micardis	Telmisartan
Micardis HCT	Telmisartan HCTZ
Teveten	Eprosartan
Teveten HCTZ	Eprosartan HCTZ

Angiotensin Converting Enzyme Inhibitors (ACE Inhibitors)

<u>BRAND</u>	<u>GENERIC</u>
Accupril	Quinapril
Accuretic, Quinaretic	Quinapril HCTZ
Aceon	Perindopril
Altace	Ramipril
Capoten	Captopril
Capozide	Captopril HCTZ
Lexxel	Enalapril/felodipine
Lotensin	Benazepril
Lotensin HCT	Benazepril HCTZ
Lotrel	Benazepril/amlodipine
Mavik	Trandolapril
Monopril	Fosinopril
Monopril HCT Prinivil,	Fosinopril HCTZ
Zestril	Lisinopril
Tarka	Trandolapril/verapamil
Uniretic	Moexipril HCTZ
Univasc	Moexipril
Vaseretic	Enalapril HCTZ
Vasotec Enalaprilat	Enalapril

****Do not have anything to eat or drink after midnight the night before surgery.****

MEDICATION INSTRUCTIONS:

**Take your heart and blood pressure medication if necessary the morning of surgery with only a sip of water.

**Do not take diabetic medications or vitamins on the day of surgery.

**Stop anti-inflammatory (Aspirin, Motrin, Ibuprofen, Advil, Plavix, Naproxen) five days prior to surgery.

**Check the list below of medications not to take within two weeks of surgery and discontinue as appropriate.

Amphetamines/ mixture derivatives	Redux
Benzphetamine	Dospan
Dexfenfluramine	Tenuate
Diethylpropion	Pondimin
Fenfluramine	Mafzanor, Sanorex
Mazindol	Bontril PDM, Bontril SR,
Phendimetrazine	Dital, Dyrexan OD, Medfirst,
Phentermine	Prelu, Rexion-Forte
Fastin	Adipex, Anoxine, Dapex
Femfluramine/ Phendimetrazine	Fonamio, Obephen,
Adderall, Desozyn,	Obermine, Ovy-Cap,
Dexedrine, Ferndex Oxydess,	Oby,-Trim, Obestin,
Spancap, Etc.	Obe-Nix, Parmine, Phentrol,
Didrex	Zantryl
	Fen-Phen
Chromium Picolinate	Echinacea
Ephedra	Garlic
Feverfew	Ginkgo biloba
Ginger	Ginseng Goldenseal
Goldenseal	Kava Kava
Licorice	MSN
St. John's Wort	Valerian
BlackCohosh (Triterpene Glucosides)	
Cat's claw (Uncaria Tomentosa Inner bark)	



Financial Policy

Before scheduling an appointment with our physicians, we ask that you contact your insurance company to verify our participation with your plan and review your benefits and eligibility. A complete list of participating plans is available for review on our web site www.posmc.com.

Please be advised that deductibles, co-payments, co-insurance, items and/or services not covered by your insurance, and any prior balances are your responsibility and are due at the time the services are rendered.

Keep in mind that your insurance policy is a contract between you and your insurance company. If you did not follow your insurance plan's terms, they may not pay for all or part of your care and you may not qualify for any managed care discounts.

We ask that you present your insurance card at each appointment along with identification.

This is how the insurance billing process works:

- A claim will be sent to your insurance company. (We do not file on secondary insurance.)
- After your insurance company receives the claim, the insurance company may contact you for additional information such as an accident report or to coordinate your benefits. Please respond to your insurance company's questions as quickly as possible so that payment is not delayed.
- It usually takes 30-45 days for your insurance company to pay your claim. After your insurance company has paid their portion, any remaining balance will be your responsibility.
- You will receive an explanation of benefits (EOB) from your insurance carrier that advises you of any amount you may owe. The EOB should match your physician's statement.
- You will receive one statement for any balances remaining. Please pay promptly to avoid jeopardizing your credit standing and avoid forfeiting your managed care discounts.

If you do not have insurance or we do not currently contract with your insurance company. Payment is expected at the time of service. An administrative discount will be applied for all medical care paid in full at the time of service.

If you have a Health Savings Account (HSA) or a high deductible consumer driven healthcare plan we require payment at the time of service and we are able to calculate your managed care rate for any services rendered.

We do not bill Auto or Liability Insurance; therefore, payment is expected in full at the time of service. However, we will provide you with the necessary paperwork and forms to help you submit your claim to the appropriate insurance carrier.

We do require that payment of deductible and co-insurance be paid in advance of any surgery or procedure. We are able to calculate your managed care contracted portion due prior to the surgery.

You will likely receive separate bills from other physicians for services or tests that they provided while you were in the hospital. Those bills are separate and apart from our physicians' bills. If you have questions about those bills please call the telephone number printed on their statements.

Your Surgeon's Physicians Assistant (PA-C) will assist during surgery. Assistant surgeon charges for the PA-C will be submitted to your insurance for consideration and adjusted according to your insurance policies and criteria.

Our patient account representatives are available to help you with your billing questions or to provide more information. When calling, please have the patient's account number and date of birth available.

We accept the following forms of payment: cash, check, Visa, MasterCard, American Express, and Discover Card.

We understand that the financial issues related to healthcare can be confusing and difficult to understand and hope that this information helps explain some of the issues.

Thank you for choosing Plano Orthopedic Sports & Medicine Center for your orthopedic needs.





PLANO ORTHOPEDIC
& SPORTS MEDICINE CENTER

5228 W. Plano Parkway, Plano, Texas 75093

tel: 972.250.5700 • fax: 972.250.5748 • www.POSMC.com

Family Medical Leave Act, Short/Long Term Disability And other Miscellaneous Paperwork Guidelines

If you are having surgery and your employer requires any forms to be completed for your leave, you will need to contact your HR representative to retrieve these forms and bring them with you to your pre-operative appointment.

Please fax any paperwork required by your employer to the Surgery Coordinator.

Once received, please allow 4-6 days for completion. If your physician is out of the office, please allow 4-6 days from the date of their return. Once the forms are completed, we will email, fax, mail, or you may pick them up.

There will be a \$25 charge for ALL forms filled out, whether you are having surgery or not. Forms will not be released to the patient, faxed or mailed until the fee has been paid.

There is no charge for a simple Doctor's Note for school, work or a work comp DWC 73 form.



BONE HEALTH

Vitamin D, Vitamin C, Calcium and Magnesium supplementations are vital to bone health. Below is a guide to daily supplementation, as recommended, for all patients trying to heal a fracture or fuse a bone. If we have given you an order to check your vitamin D level, you will still need to take a daily dose of vitamin D, vitamin C, calcium, and magnesium. You do not need to wait until after our lab test to start taking supplements. If you do require a prescription of vitamin D, based on your lab results, you will be given a weekly dose of vitamin D to take in addition to the daily over the counter supplements as outlined below, unless your physician tells you otherwise.

VITAMIN D3 1,000 I.U. TWICE DAILY WITH FOOD

Vitamin D3 is the most common form found. It is easiest to find at HEB in the vitamin aisle. Most other pharmacies don't have it in this strength. The goal is to take at least 2,000 I.U. of vitamin D3 per day. If we have not called you with vitamin D lab results within a week after you have had it done, please call us.

VITAMIN C 1,000 MG DAILY WITH FOOD

Vitamin C is an essential vitamin, meaning it can't be produced by the body. Nevertheless, it has many roles in your body and has been linked to impressive health benefits.

CALCIUM 400MG-600MG THREE TIMES DAILY WITH FOOD

Most calcium supplements come in 400, 500, or 600 mg tablets. Any of these is fine to take. The goal is to take a total of 1200 to 1800 mg of calcium per day. Often calcium has a small amount of vitamin D included, this is also fine, and can count towards your daily vitamin D supplementation.

MAGNESIUM 400MG DAILY WITH FOOD

Magnesium is important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, and blood pressure and making protein, bone and DNA.



THANK YOU
FOR CHOOSING PLANO ORTHOPEDIC SPORTS & MEDICINE CENTER



Earl R. Lund, M.D.

Surgery of the Shoulder, Elbow, Wrist & Hand | Arthroscopic Wrist Surgery

Randal L. Troop, M.D.

Arthroscopic Surgery of the Knee and Shoulder | Sports Medicine

Dawn M. Grosser, M.D.

Arthroscopic Surgery | Fellowship Trained in Surgery of the Foot and Ankle

John E. McGarry, M.D.

Sports Medicine | Shoulder & Knee Arthroscopy | Joint Replacement

Thanh C. Le, M.D.

Surgery of the Elbow, Wrist & Hand | Arthroscopic Surgery

Adam P. Wright, M.D.

Joint Replacement | Hip and Knee Specialist | Arthroscopic Surgery

S. Blake Wallace, M.D.

Foot and Ankle Surgery | Arthroscopic Surgery | Ankle Replacement

Michael S. Howard, M.D.

Shoulder, Elbow & Upper Extremity Specialist | Arthroscopic Surgery | Joint Replacement

Kenneth S. Dauber, M.D.

Physical Medicine & Rehabilitation | Sports & Occupational Medicine | Electrodiagnostic Testing

J Richard Evanson, D.O.

Hip and Knee Specialist | Arthroscopic Surgery | Joint Replacement

Daniel Sunwoo, M.D.

Physical Medicine & Rehabilitation | Interventional Pain Management | Electrodiagnostic Testing

John W. Barrington, M.D.

Minimally Invasive Hip, Knee and Shoulder Replacement | Outpatient Partial Knee Replacement

Justin B. Ledesma, M.D.

Spine Specialist | Minimally Invasive Spine Surgery

Matthew C. Comley, M.D.

Arthroscopic Surgery of the Shoulder and Knee | Sports Medicine