



## **SURGERY PACKET**

Patient : \_\_\_\_\_

Surgery Date: \_\_\_\_\_

Hospital: INOVA Fairfax Hospital

Surgery Time: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

**It is very important that you read and follow all pre- and post- surgery instructions provided in this packet.**

*Please contact our surgical coordinator, Nancy at (703) 876-4270 if you have any additional questions regarding your surgery.*

❖ **IMPORTANT** ❖: Due to unavoidable circumstances, your surgery date/time may change. This is infrequent, but may happen. If a change in your surgery date/time occurs, you will be notified.

1. Please keep in mind that the scheduling process can take up to 3-4 business days.
  - The surgical coordinator will contact the hospital and schedule your surgery date according to both the surgeon and hospital's operating room availability.
2. *IF NECESSARY*: Disability or FMLA forms may be submitted to the surgical coordinator.
  - Allow up to 3-4 business days for completion.
  - You may e-mail forms to [atlanticbrainspine@gmail.com](mailto:atlanticbrainspine@gmail.com) or via fax at **(703) 876-4276**.

### **Financial:**

1. The surgical coordinator will contact your insurance company to obtain a prior authorization for surgery if required. **\*Please be advised even if a prior authorization is obtained from your insurance company there is no guarantee that your insurance will cover all costs.\***
2. We will bill to the insurance company on service(s) performed only by Dr. Jae Lim & the Nurse Practitioner. ❖ *Facility fees & Anesthesiologist fees are separate from the surgeon's fee.* ❖

❖ *It is the patient's responsibility to know his or her own insurance plan. Please contact your insurance carrier regarding your health care coverage & benefit information.* ❖

## Pre-Admissions / Pre-Operative Instructions

- \_\_\_ 1. Schedule a pre-operative appointment with your Primary Care Physician.  
     → *(Schedule an appointment with your Cardiologist-if necessary)*  
     → *(All labs must be within 30 days of surgery, EKG within 90 days)*

If applicable, you may get your pre-operative tests at:

Inova Pre-Surgical Services

8503 Arlington Blvd. #200 Fairfax, VA 22031  
 703-970-3102

**Please note: Patients must take their lab results to their primary care physician for medical clearance.**

- \_\_\_ 2. Talk to your Primary care physician/Cardiologist if you're on anticoagulant/  
 blood thinners for specific instructions.
- \_\_\_ 3. Please contact our office to make your first post-operative appointment.

Once your surgery date is scheduled with the hospital, a patient liaison will call you to schedule a pre-operative interview with a nurse.

**◆ Please refer to “Preparing for Your Surgery” booklet for instructions on how to prepare for your surgery.**

**◆ It is VERY IMPORTANT that you review and understand all the information in the booklet.**

## Preparing for your surgery

**Follow these general guidelines to prepare for your surgery at INOVA Fairfax Hospital unless directed otherwise:**

1. **DISCONTINUE** all blood thinners and anti-inflammatory medications 7-10 days prior to your surgery. (e.g. Advil, Aspirin, Aleve)
  - Talk to your primary care physician/Cardiologist if you're currently on blood thinners.
2. Take your prescribed heart, blood pressure, asthma, thyroid, seizure, or pain medications as discussed with your physician, with just enough water to swallow them.
3. Patients with diabetes should not take insulin or any diabetic medication on the day of surgery **unless** advised by your primary care physician.
4. **STOP** eating and drinking 8 hours before your surgery or Midnight before your surgery.
  - This includes chewing gum.
  - You may brush your teeth and rinse your mouth on the morning of your procedure.
5. It is recommend that you do not smoke or consume alcohol for 3 days prior to surgery.
6. Bathe or shower prior to your procedure. \* *Cleanse your skin according to the Preoperative Skin Cleansing instructions in the “Preparing for Surgery” brochure that has been provided to you.*

### **On the Day of Surgery**

1. Do not apply makeup or lotions.
  2. Wear comfortable clothing and remove all jewelry and/or body piercings.
  3. Leave valuables, credit cards and money at home.
  4. Bring containers for eyeglasses, dentures or hearing aids, and place these items in their containers before entering the operating room.
- ❖ If you experience a change in your health—such as a cold, cough or fever—within 24 hours of your scheduled surgery, contact your physician immediately. ❖

**YOU MUST BRING YOUR DIGITAL COPY OF YOUR RADIOLOGY IMAGE  
WITH YOU ON THE DAY OF YOUR SURGERY.  
(BOTH OLD AND NEW – IF APPLICABLE)**