



SURGERY PACKET

Patient : _____

Surgery Date: _____

Hospital: Reston Hospital Center

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 Reston 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 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

✧All patients will require a pre-op interview and MRSA screenings at Reston Hospital prior to surgery✧

Please note: You may complete all lab work while attending your pre-admission interview & MRSA screening at Reston Hospital, as lab results will be available that day. However, patients must bring lab results to the primary care physician for medical clearance. *(Please call the Reston Hospital Pre-admission to schedule your interview, lab, & MRSA if you would like to get them done on the same day.)*

- _____ 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)*

- _____ 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, you will receive a call from Reston Hospital to set up an appointment for a pre-admission interview and MRSA test.

Reston Hospital Center Pre-Admission:

(703) 689-9005 OR (844) 204-1474

Option 1: To schedule pre-admission interview & MRSA test
(Lab work as well if not obtained through primary care)

Option 2: To schedule your radiology CT/MRI/X-rays appointment

→ **If applicable: please let the scheduler know the CT scan is with Mazor Protocol**

→ Patient **must** obtain a CD copy of CT images **to bring on the day of surgery**

Your pre-admission's appointment at Reston Hospital Center:

- Please remember to bring personal identification, insurance card, list of medications and dosages (including supplements, herbal preparations and vitamins), and a summary of your drug allergies.
- Check-in is located on the 1st floor of the hospital (Pavilion II) at the Admissions Office.

Preparing for your surgery

Follow these general guidelines to prepare for your surgery at Reston Hospital Center 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.

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)**