



## PREPARING FOR YOUR SURGERY AT CEDARS-SINAI MEDICAL CENTER

Name:

Surgery Date:

Arrival Time:

Surgery Time:

Procedure:

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### PLEASE ARRIVE AT:

#### **Cedars-Sinai Medical Center**

**8700 Gracie Allen Drive, Los Angeles, CA 90048**

Please park on the Street Level, South Tower Lobby and check in at the Admissions / Registration Desk. While you are in surgery, your friends/family will be directed to wait in the 7<sup>TH</sup> floor lobby. You will need someone to drive you home from the hospital when you are discharged.

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### PRE-OPERATIVE TESTING:

Cedars-Sinai Medical Center requires patients to have a pre-operative physical and laboratory testing within fourteen (14) days of their surgical procedure. Our office must be in receipt of your reports 48 hours prior to your surgery. Accordingly, please schedule a pre-operative appointment with your internist no less than 4 days and no more than 14 days prior to your surgery date.

After scheduling your preoperative appointment, please provide the dates to your doctor's assistant at (310)860-3048. Our office will provide the necessary paperwork to your pre-op physician prior to your appointment date.

**Blood Donation:** If the physician has recommended that you donate blood for your surgery, or you would like to donate your own blood for surgery, please contact the Cedars-Sinai Blood Donor Facility at (310) 423-5347 to schedule an appointment. Also, notify our office so a prescription /order can be sent to the blood donor facility. **Be sure to allow for adequate time prior to surgery to donate, as you may only donate (1) unit of blood at a time, and donations must be one week apart. In general, (2) units are recommended for total joint replacement surgery.**

Whether you do or do not donate blood for your procedure, **you must do a Type & Cross Blood Test.** This is used on emergency to aid in matching blood from the blood bank for you. This is a separate blood test aside from your pre-op labs. A Type & Cross **MUST** be done at Cedars-Sinai Medical Center. Please report to the



South Tower information desk. No appointment is needed. For more information please call (310) 423-4068.

You will also receive a phone call from a Cedars nurse to go over your medication and allergies 1-2 days prior to your surgery date.

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## INFORMATION SESSION - TOTAL JOINT REPLACEMENTS

The 7-North/Orthopaedic Nursing Unit at Cedars-Sinai Medical Center is dedicated to providing joint replacement with the best possible outcomes and the fastest return to productive life. In keeping with this goal, the hospital nursing staff offers a preoperative training and education class to help you learn more about your upcoming surgery and how to manage the recovery process.

This free 1-1/2 hour class is specifically for patients undergoing joint replacement, and it is designed to help relieve any anxiety you may be feeling about your upcoming surgery. The class educates you on:

- How to prepare yourself and your home for the postoperative physical limitations you might not anticipate;
- On pre and post operative activities, nursing care, pain management, equipment and your role in the recovery process;
- We can also help answer questions you may have about your surgery, diet or other postoperative needs.

Classes are held every Wednesday of the month at 4:30 p.m.

Where: 7th floor, North Tower; Rm. 7215(Acute Rehab Gym.)

Your parking will be validated for the day in Parking Lots 1-4, and 8.

We do not validate parking for the Medical Office Towers.

No registration required, you are welcome to attend and bring a family member/spouse/friend.

If you have any question about this class call: Minerva - (310) 423 - 2230

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## PRE-OPERATIVE MEDICATIONS:

- ❖ **Stop taking Aspirin and Anti-inflammatory medications (NSAIDs) prior to surgery**  
Please do not take any aspirin or medications containing aspirin, such as (Bayer, Ecotrin, Plavix, etc) at least five (5) days prior to your surgery date. If you are on Coumadin or Warfarin, please discuss the management of these medications with your internist.
- ❖ Please do not take any anti-inflammatory medications (NSAIDs) such as Advil, Celebrex, Ibuprofen, Naprosyn, Motrin, etc. at least five (5) days prior to your surgery date.
- ❖ In addition, if you are taking any medicinal herbs such as Cayenne, Cowhage, Echinacea,

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[www.snibbeorthopedics.com](http://www.snibbeorthopedics.com)



Ephedra, Feverfew, Garlic, Ginger, Gingko, Ginseng, Goldenseal, Kava-kava, Licorice, St. John's Wart, Saw Palmetto or Valerian, you will also need to stop these (5) days prior to your surgery.

- ❖ If you are taking other medications not listed above, please discuss them with your internist at the time of your pre-operative appointment.

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## WHAT TO DO AND BRING:

- ❖ If you develop a fever, cold symptoms, coughing, chills, aches, or any other illness between now and your surgery date, notify your surgeon's office and your primary care physician immediately.
- ❖ Bring a current list of medications with you to the hospital; this should include medication names, dosages, and how many times a day you take each medication.
- ❖ Bring Insurance cards/information, Identification card or Driver's license, emergency telephone number.
- ❖ Don't forget your corrective lenses/glasses, hearing aid, dentures, toiletries (shampoos, toothbrush, etc), robe, slippers, change of undergarments.
- ❖ Please wear loose fitting, comfortable clothing to the hospital.
- ❖ **FILMS:** A hard copy of your X-ray or MRI films will be needed on the day of your surgery. If you have these in your possession, please bring them to the hospital on the day of your surgery. If these were taken in your surgeon's office, the above does not apply; the surgeon will bring the films to the hospital.

## WHAT NOT TO DO OR BRING:

- ❖ **DO NOT** eat or drink anything after 12:00 am (midnight) the day before your surgery. This includes water, chewing gum, breath mints, etc. There are some exceptions that may be made by your internist or surgeon. If you are required to take a medication on the morning of your surgery, you may do so with a small sip of water.
- ❖ On the morning of your surgery, you may brush your teeth and rinse your mouth but **DO NOT** swallow any of the water/mouthwash.
- ❖ **DO NOT** take any valuables, such as jewelry.

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## INSURANCE:

Please note that all insurances vary in ability to cover cost for your surgeon's fees, facility fees, anesthesia fees and any other special necessities. Please be advised the surgeon may not be contracted with your insurance carrier. To avoid delays, postponements, or cancellation of your surgery, please take care of all financials prior to your surgery.



**It is important that you contact our financial department to discuss insurance coverage and arrangements for payment prior to your surgery.**

**You may our billing company, Medicus, at (949) 743 -9595.**

As a courtesy to our patients, your surgeon's office will obtain the authorization for your surgeon's fee, hospitalization and surgery.

Workers' Compensation: Scheduling of surgery for ALL workers' compensation patients will not be completed unless authorization has been received in writing from your workers' compensation insurance.

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#### **ANESTHESIA:**

- ❖ Cedars-Sinai Medical Center has privately contracted anesthesiologists whom work with our surgeons. If you have any financial questions regarding anesthesia, please contact Anesthesia Partnership at (213) 637-3700 to ask if your anesthesia is covered by your insurance. If you are not covered, they can assist with arrangements in order to provide the services needed for your surgery.

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#### **MEDICAL EQUIPMENT:**

- ❖ Most surgical procedures require post-operative equipment such as braces, slings, ice machines, etc. The necessary items will be selected by your surgeon; however, a DME company will be contacting you to make arrangements for these items to be delivered before your surgery. Often times these items are covered by your insurance company. In the event that the items are not covered, patients will be offered the equipment to rent. Fees vary per DME distributor.
- ❖ **If you are given a post-operative brace or sling, please be sure to bring this with you to the hospital on the day of your surgery.** If you are having an out-patient procedure and won't be staying overnight in the hospital, you do not need to bring your ice machine.

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#### **VISITING HOURS:**

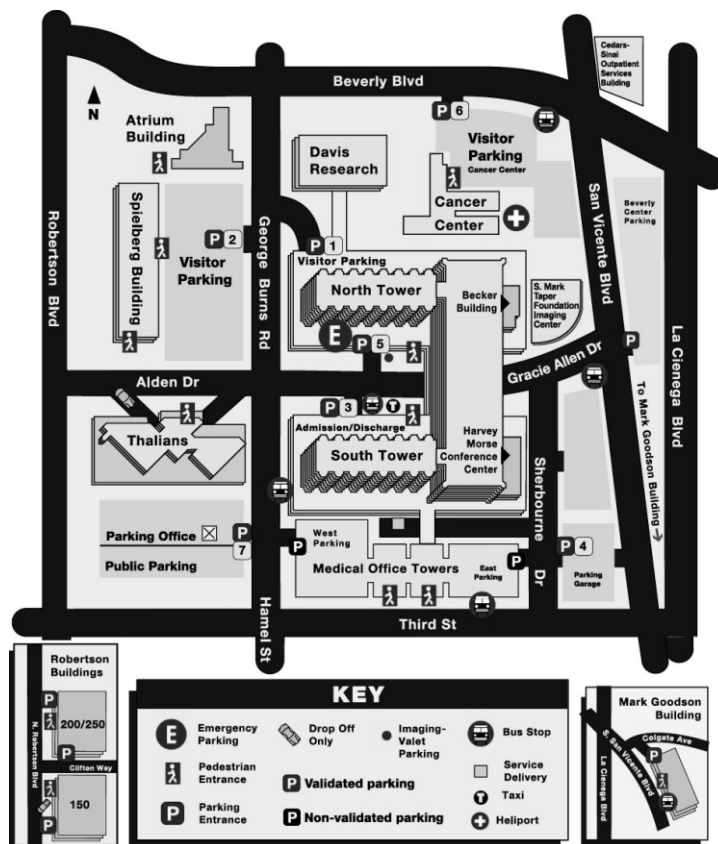
- ❖ General Visiting Hours are 10:00 AM to 9:00 PM.
- ❖ Please limit your guests stay to 15-20 minutes.
- ❖ Maximum number of visitors in the room is (2) at a time.
- ❖ Children under the age of 12 are not permitted in the patient's room, nor may they wait unattended in the waiting areas.
- ❖ A caregiver may interrupt your visit during some patient care routines.
- ❖ For the safety of you and other patients, if your guests are ill, please do not have them visit.

## PARKING:

- ❖ Self-parking is available in the Cedars-Sinai Parking Lots 1, 2, and 4 for \$1.50 per 15 minutes; \$10.00 maximum. Validated parking is \$4.50 for all or part day.
- ❖ Self-parking is available in Lot 3 for **admissions and discharges only**. Parking rates are \$2.50 per 15 minutes; \$15.00 maximum. Validated parking rate is \$4.50 for all or part day.
- ❖ Self-parking is available in Lot 5 for **Emergency Department visitors only**. Parking rates are \$2.50 per 15 minutes; \$15.00 maximum. Validated parking rate is \$4.50 for all or part day. Metered parking is available in Lot 8. Valet parking is also available at the Gracie Allen Dr. entrance of the North Tower/Lot 5.

## Cedars-Sinai Medical Center

8700 Beverly Blvd.  
Los Angeles, CA 90048  
(310) 423-3277



## POST OPERATIVE MEDICATIONS / INSTRUCTIONS:

- ❖ You will be given a prescription for post operative medications prior to your surgery. You do not need to bring these medications with you to the hospital; however, we recommend you have it filled at your pharmacy prior to surgery so that you have it available to you once you are home.



- ❖ If your surgery (i.e. total joint replacements) requires DVT prevention medication, this will be provided to you by **IV-Med Services**. They will contact you prior to surgery to make arrangements for delivery of your medication to either your home or to the hospital.
- ❖ You will be given post operative instructions specific to your surgery. Also, you will be provided with a "Frequently Asked Questions" handout to further assist you during the recovery process. You may also visit our website for additional information.

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**POST OPERATIVE APPOINTMENT:**

Your **post- operative follow-up appointment** will be scheduled on:

Appointment Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_ AM / PM

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**DISABILITY FORMS:**

All Private Insurance Disability Forms, Life Insurance Forms, Work Insurance forms & Workers' Compensation forms will have a \$25.00 fee due at the time forms are submitted to the office. Paperwork will not be processed without payment. The initial State Disability form completed will not require a fee. Please be sure that all forms submitted are appropriately filled out and signed by you before the physician can complete his/her portion of the paperwork.

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**For any additional questions or assistance, please contact your physician's surgical coordinator Sabrina at (310) 310-860-3081**

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**For any additional questions or assistance in regards to your surgery, please contact your physician's Surgical Coordinator:**

**Sabrina Duran**  
**Phone: (310) 860-3081**  
**Fax: (310) 550-7680**  
**Email: Sabrina@snibbeorthopedics.com**