

# Steven F. Harwin, MD, FACS

(212) 861-9800 (718) 655-2400

## Pre-Operative Instructions and Check List

### ○ MEDICAL CLEARANCE AND PRE-OPERATIVE TESTING

For your safety, you must have a complete examination by your doctor before the surgery. If you do not have a doctor, or your doctor prefers not to do it, we can arrange for it. The process will include a history and physical examination, and possibly tests such as Chest X-ray, EKG, Urinalysis, Chemistry profile (SMA-20), CBC, Pro-thrombin time, INR, PTT and pregnancy test depending upon your age, medical condition and the type of surgery you are having. If you are a smoker, please try to quit or cut down as much as possible before your surgery to improve wound healing.

**All results must reach our office 3 days before your operation so that we may forward them to the hospital on time. If all lab work and the clearance is not there by 2 days before your surgery, they will cancel the operation. It is a hospital rule with NO exceptions. As you may know, our schedule is fully booked for several months so re-scheduling can take some time.** If your own doctor is going to perform the testing, please give the "Pre-Operative Testing" form, and mention the importance of us receiving the information on time. Experience has shown us that if left to the last minute, surgery often must be put off. If your pre-testing is being done at Beth Israel, please report to **The Philips Ambulatory Care Center (PACC) at 10 Union Square East, Pre-Testing Area, 3<sup>rd</sup> Floor, Suite N (Lab)** on:

\_\_\_\_\_ at \_\_\_\_\_

### ○ MAKE YOUR APPOINTMENT FOR PHYSICAL THERAPY (P. T.)

**Physical Therapy is just as important as the surgical procedure.** Dr. Harwin will do his part, but you must do yours. Because it can take 2-3 weeks to get an appointment, you must make your appointment as soon as you know the date of surgery. **PT** must start within one week of your surgery. A late start may well have a negative effect on your outcome.

### ○ YOU MUST CONFIRM YOUR SURGERY

Because we have a waiting list for surgery, **you must confirm your intent to have the surgery 4 weeks before the planned date.** You must leave a contact number. If we do not hear from you, we will try to contact you, and leave a message if possible. If you do not respond within 3 business days of our message, we will have to cancel your procedure.

### ○ WHEN TO ARRIVE ON THE DAY OF YOUR SURGERY

You must be at the hospital at least 2 hours before the operation is to start. **The hospital will call you between 2PM and 4 PM the day before the surgery to give you the arrival time. If you do not hear from them, you must call the hospital to find out the time to come. Call the admitting office at (212) 420-4557.** Please make sure we have the correct contact number where you can be reached.

### ○ WHERE TO GO ON THE DAY OF YOUR SURGERY

**The Beth Israel Medical Center**

**1<sup>st</sup> Avenue at 16<sup>th</sup> Street**

**New York, New York 10003**

**➔ Enter the Linsky Pavilion and go to the Admitting Office on the 1<sup>st</sup> Floor**

Telephone: (212) 420-2000

Parking is available in the garage at 1<sup>st</sup> Avenue at 17<sup>th</sup> Street and others in the neighborhood.

### ○ DO NOT FORGET...

1. Check if your insurance plan requires a pre-certification or second opinion before surgery.
2. **Stop** aspirin, vitamin E, herbal supplements and anti-inflammatory medications that affect blood clotting like Naproxen (Naprosyn/Aleve), Ibuprofen (Advil/Motrin), Diclofenac (Arthrotec/Voltaren), garlic, ginkgo, ginseng, kava, St. John's wort, valerian, echinacea and ephedra **10 days** before surgery. You may continue to take Celebrex (Celecoxib) or Relafen (Nabumatone). Coumadin, Plavix, Persantine, Ticlid, Aggrenox must stop between **5-10 days** before. Check with the office.
3. Two weeks before your surgery, begin to shower daily using chlorhexidine soap, available without prescription at a pharmacy.
4. Call us if you have any recent cuts, scrapes or sores that have not healed. This may require cancellation of surgery.
4. Have nothing to eat or drink after midnight, the night before your surgery, and nothing in the morning.
5. However, on the morning of surgery, **DO** take your regular medications, including blood pressure medication and the Celebrex, with a small amount of water. If you are diabetic and you take oral medications or insulin, **DO NOT** take your normal morning dose, since you are fasting.