



MARK G. BURNETT, MD | DOUGLAS J. FOX, MD | JAMES S. WALDRON, MD | K. MICHAEL WEBB, MD

Patient Guide to Surgery

Welcome, thank you for choosing NeuroTexas for your care.

This patient guide will assist you in preparing for your admission and surgery. Please read this entire patient guide. If after reading this you have further questions or concerns please contact our office at **512.654.4550**

This guide is designed to provide you information regarding:

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Please call the **PAN** for any after-hours medical questions
Patient Advisory Nurse (PAN) 800-724-7037

Scheduling your Surgery

Once the decision has been made to proceed with surgery, please call our surgery scheduler to discuss a convenient date and time. Our surgery scheduler will then contact your insurance company to request authorization for your procedure. The authorization process varies from 1-15 business days depending on your insurance company's policy. Please review our financial policy outlined on **page 6** of this guide for more payment details.

Preparations for Surgery

- **Pre-surgical Testing:** You will need a pre-surgical appointment, which may include labs, EKG's and possible medical clearance from one of your physicians. This appointment must be completed 2-4 weeks before your scheduled surgery date. A pre-surgical nurse from the hospital will contact you before your scheduled surgery to discuss your medical history and requirements for surgery.
- **Covid-19 Testing:** You will need to complete a Covid-19 test within 72 hours of your scheduled surgery at a BSWH facility. Someone from the Pre-Admission Testing department will call to discuss your testing day and location.
- **Medications:** If you are taking any medications listed on **page 5** please adjust accordingly within the time stated. You can continue taking your pain medications. Do not take any medications the morning of your surgery unless authorized by your physician.
- **Plan:** Make plans for post-surgery needs such as transportation and home care/medical equipment.
- **Advanced Medical Directive:** Provide the hospital with a copy of your advanced medical directive, if you have one.
- **Change in Health:** If you have any changes in your physical condition, such as cold, rash or fever, please contact our office as soon as possible.
- **Inpatient/Outpatient:** Please note the length of time you may stay in the hospital to pack accordingly.

Day of Surgery

No food or drinks after 10pm the night before your surgery, including water, chewing gum, mints, coffee, juice or smoking.

- Take only medications that you routinely take and have been approved by your physician with a sip of water.
- Arrive at least 2 hours (earlier if instructed) prior to scheduled surgery.
- Wear comfortable, loose clothing.
- Leave valuables, such as jewelry, cash and credit cards at home.
- Remove makeup, and fingernail polish.
- Bring insurance cards and forms.
- Bring a list of your regular medication.
- If needed, wear glasses instead of contact lenses.
- If you are scheduled to stay overnight pack a small bag with essentials.



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PLEASE CALL TO SCHEDULE YOUR SURGERY

NeuroTexas

Surgery Scheduling Department

512.654.4550

option 3

SURGERY LOCATION

Baylor Scott and White Medical Center-Lakeway
100 Medical Pkwy, Lakeway, TX 78738

SURGERY TIME

Surgery arrival times are given the day before surgery by the pre-op department.

Expect a call from the hospital between 12-5pm.

If you have a MyChart account, you will receive a message regarding your arrival time for surgery.

PRE-OP

Pre-Admission testing is usually completed 2-4 weeks before your surgery.

You must have an appointment for surgery clearance.

If you have an established PCP and wish to do pre-op testing there, call to schedule your appointment. We offer pre-op testing in Lakeway. If you choose to do pre-admission testing @ Baylor Scott & White Lakeway, all testing will be completed with your surgery clearance visit. You do not need to fast for this appointment.

Express Clinic

Pre-Admission Testing with Dr. Jack Morper
3108 S. Ranch Road 620, Lakeway, TX 78738
512.654.4200

Covid-19 Testing

Must be completed within 72 hours of your scheduled surgery.

Pre-Admission Dept will call you to schedule and discuss day and location of testing.

MEDICATIONS

Please review **page 5** of the NeuroTexas Patient Guide to Surgery regarding what medications to discontinue prior to surgery. Bring any chronic pain medications you are currently taking with you to the hospital.

POST-OP

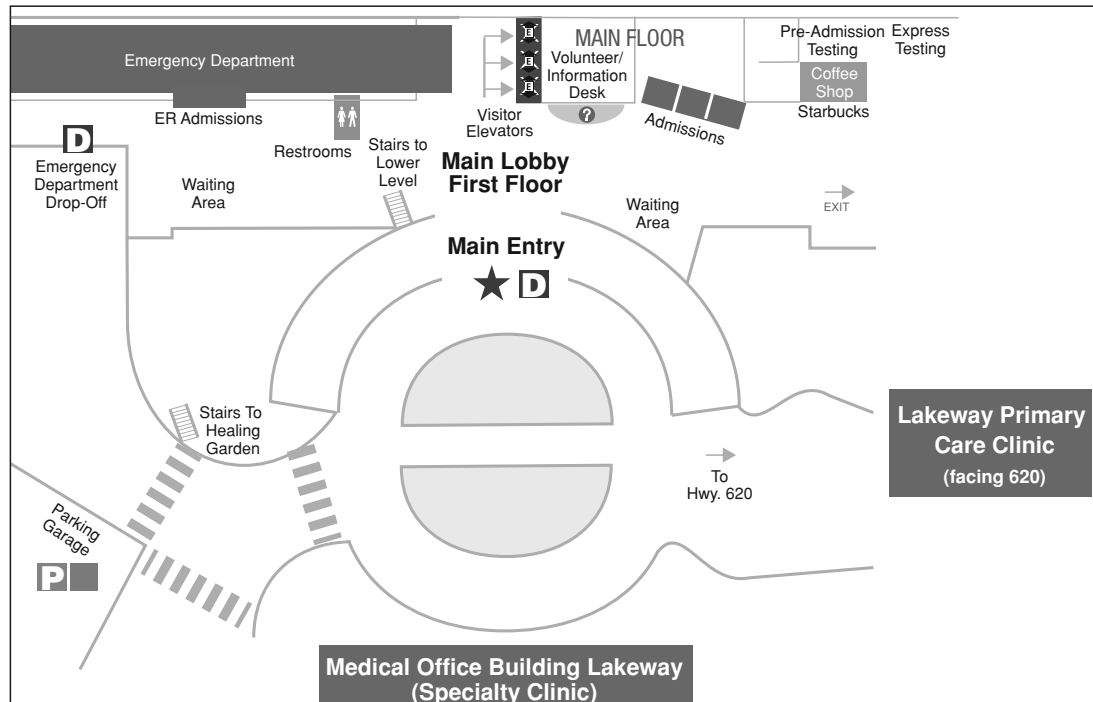
Please call our NeuroTexas office **512.654.4550** to schedule your post-operative appointment.

Welcome!

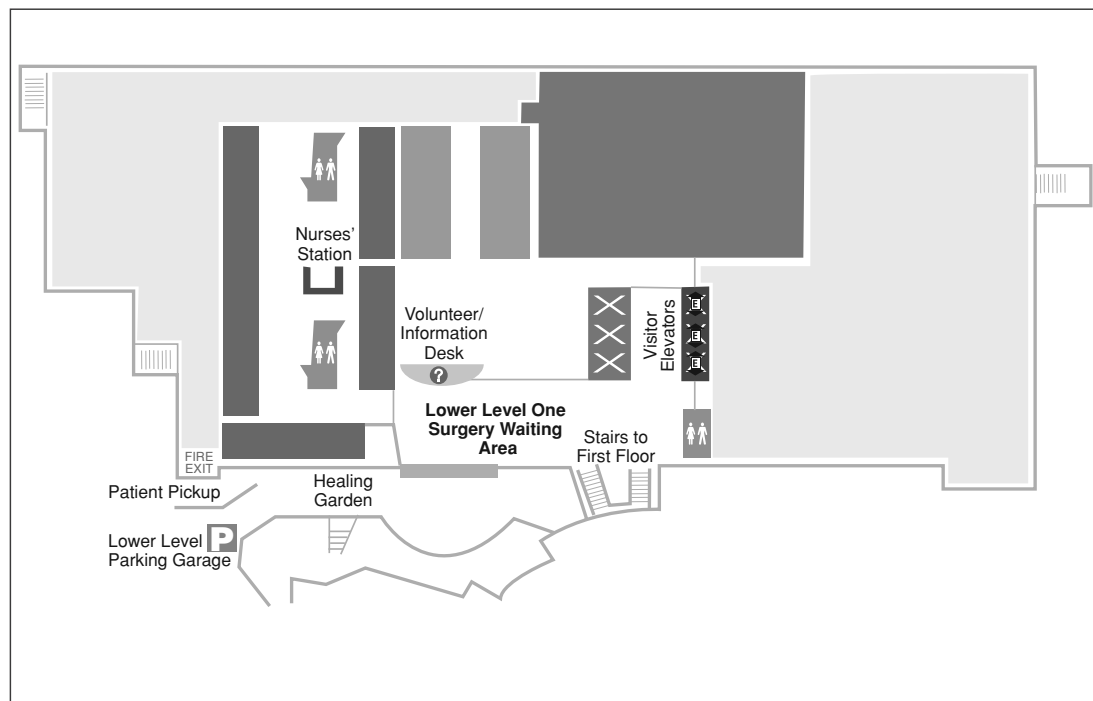


■ Parking Garages and Lots ■ Buildings P Self Parking D Patient Drop-Off ★ Main Entrance

LAKEWAY
100 Medical Pkwy, Lakeway, TX 78738 | 512.654.5000



LOWER LEVEL



PRIOR TO YOUR SURGERY DISCONTINUE MEDICATIONS AS FOLLOWS:

Anticoagulants

Coumadin (Warfarin) - Stop 7 days prior	Effient (Prasugrel) - Stop 48 hours prior
Eliquis (Apixaban) - Stop 48 hours prior	Fragmin - Check with prescribing M.D.
Heparin - Stop 24 hours prior	Lovenox (Enoxaparin) - Stop 12 hours prior
Miradon (Anisindione) - Check with prescribing M.D.	Pradaxa (Dabigatran) - Stop 48 hours prior
Xarelto (Rivaroxaban) - Stop 48 hours prior	

Antiplatelets: STOP ALL 5 DAYS PRIOR TO SURGERY

Aggrenox (Dipyridamole & Aspirin)	Agrylin
Aspirin	Ecotin
Excedrin	Persantine (Dipyridamole)
Plavix (Clopidogrel) - Stop 7 days prior	Pletal (Cilostazol)
Ticlid	

Anti-Inflammatories: STOP ALL 5 DAYS PRIOR TO SURGERY

Ibuprofen - including Advil, Aleve and Motrin	
Actron (Ketorfen)	Anaprox (Naproxen)
Ansaid (Flurbiprofen)	Arthotec (Diclofenac Sodium & Misoprostol)
Anthropan (Choline Salicylate)	Bextra (Valdecoxib)
Cataflan (Diclofenac Potassium)	Celebrex (Celecoxib)
Clinorial (Sulomdac)	Daypro (Oxaprozin)
Dolobid (Ditlunisal)	Feldene (Piroxicam)
Indocin (Indomethacin)	Lodine, Iodine XL (Etodolac)
Melclomen (Melclofenamate Sodium)	Mobic (Meloxicam)
Nalfon (Fenoprofen Calcium)	Naprosyn (Naproxen)
Ponstel (Mefenamic Acid)	Relafen (Nagumentone)
Toradol (Ketorolic)	Tolectin (Tolmetin Sodium)
Tricosal, Trilisate (Chlorine & Magnesium Salicylate)	Vioxx (Rofecoxib)
Yoltaren (Diclofenac Sodium)	Vitamin E

Inhibitors: STOP 3 DAYS PRIOR TO SURGERY UNLESS OTHERWISE NOTED

Invokana (canagliflozin)
Farxiga (dapagliflozin)
Jardiance (empagliflozin)
Steglatro (ertugliflozin) *STOP 4 DAYS PRIOR TO SURGERY

PLEASE CHECK WITH YOUR PRESCRIBING DOCTOR BEFORE DISCONTINUING A MEDICATION.

Most maintenance and hypertension medications can generally be continued, but always check with your prescribing physician.



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Financial Policy for Surgical Patients

Our office will contact your insurance company to verify coverage, eligibility and your out-of-pocket expenses (deductible and coinsurance) for services. Please note we can only provide you with a list of **our** charges, fees and an estimate of your responsibility.

Unfortunately, we cannot provide you with any information regarding the fees or financial policy of any other providers. Service providers may include the hospital, anesthesia, radiology, pharmacy, rehabilitation, physical therapy and others.

We submit all claims to your insurance carrier, the insurance company then designates the definitive patient responsibility.

Payment can be made by Visa, MasterCard, Discover or American Express can make payment.

If you have any questions regarding your statement, please call **1-800-994-0371**.
For any other questions, please contact our office.

Leave of Absence Policy for Surgical Patients

Please note our office policy is **7-14 business days** to complete any leave of absence or work restrictions documentation.

If you are scheduled for surgery and need any variation of absence or restriction documentation completed please notify our office and provide the applicable forms and deadline.

We **can not** complete any paperwork same day. Thank you for your understanding.



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Hospital Release

- Your physician will determine when you should be discharged. This will vary depending on the procedure and your physical health. Many of our procedures are considered “out patient” and you will be discharged within 24 hrs, however other procedures will require a longer “in-patient” stay.
- Be sure you understand all instructions and ask any questions you may have prior to discharge.
- Please make arrangements to have someone drive you home from the hospital.
- Upon discharge you will be given a limited supply of pain medications. To avoid delay or interruption in your pain management contact our office upon your return home to request a refill. **Please allow at least 24 hours for all refills.** The after-hours doctor on call will not authorize medication refills or prescribe new medication.
- Following discharge, if a prescription for a controlled substance is needed, such as narcotic pain medication, please allow 72 hours for the pharmacy to receive and complete. You may also send a designated person to our office to pick up the prescription.
- Shift positions frequently and avoid long periods of standing or lying down.
- Try to walk at least three times a day, 10-15 minutes. Gradually increase your distance and add light activities each day but if pain significantly increases stop immediately.
- Some pain is normal as you resume daily activities but it is important to not over do it and that you take it very slowly.

REMEMBER TO CALL OUR OFFICE TO SCHEDULE YOUR POST-SURGERY VISIT.
(512) 654-4550

You will need to be seen **2-3 weeks** following surgery. This will be discussed at discharge.

Please note depending on the type of surgery and the individual physician, your post-surgery appointment may be scheduled with our Mid-level Providers and not your surgeon.



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Incision Care

Our surgeons use 2 types of sutures: dissolvable and non-dissolvable. If dissolvable sutures have been used for your incision, they will not need to be removed. The incision is covered with dermabond glue and will keep your incision closed. If you do have staples or sutures that are not dissolvable, you will need to have them removed.

Your incision will be assessed at your follow up appointment, however, if you have any questions/concerns please call our office.

Follow the specific instructions given to you for your type of surgery. In General:

- You may shower at home 24 hours after surgery. The water resistant dressing will keep the wound dry. Try to ensure shower is not directly hitting your incision and gently pat dry.
- Do not submerge your incision in water (bath) for at least 6 weeks unless directed by your physician.
- No bending, lifting, pushing, pulling or overhead reaching/lifting of heavy objects over 5 pounds.
- No strenuous activity.

If you experience any of the following symptoms:

- Temperature 101° or above
- Increased redness, soreness, swelling in or around the incision
- Foul smelling drainage from incision
- Incision opens
- Nausea or vomiting
- You feel dizzy or groggy
- You continue to have extreme pain an hour after taking pain medication
- Any other concerns

Call our office during **normal business hours** 512-654-4550
Call Patient Advisory Nurse (PAN) **after hours** 800-724-7037

PLEASE READ. IMPORTANT POST-OPERATIVE REMINDERS

Activity:

- Shift positions frequently and avoid long periods of standing, sitting or lying down. Short walks along with gradually increasing your activity can be helpful, but should be stopped if it dramatically increases your pain.
- No lifting, pushing, pulling or overhead reaching/lifting of object over 5-10 pounds (a gallon of milk weighs 8.5 pounds) and no strenuous activity.

Wound Care:

- Keep your incision clean and dry.
- You may shower, but do not soak in the bath tub/pool etc, for up to 6 weeks. Letting water and soap run down your incision when you shower is OK but no direct scrubbing. You may pat the incision dry but do not rub or irritate the incision.
- Avoid touching your incision.

Call our office:

Contact us during **normal business hours** at 512-654-4550 or **after hours** the Patient Advisory Nurse 800- 724-7037 if you have a fever of 101 or higher or if there is increased redness, soreness, swelling, or foul-smelling drainage in or around incision.

Medication:

- To avoid delay or interruption in your pain management call our office upon your return home to request a refill. Medication refills requested on Friday may not be refilled until the following business day. Allow 24 hours.
- Controlled substances, such as narcotic pain medication, cannot be called or faxed into a pharmacy. Patient or a designated individual may come to our office to pick up a written script, or a prescription may be mailed to your home address. Allow 72 hours.
- Pain medication may cause constipation. To minimize symptoms increase your fluid intake and over the counter stool softeners may be used in combination with a fiber rich diet.

**When you return home please call our office to schedule your post-operative appointment.
(512) 654-4550**