

Preparing for Surgery

*At New Mexico Orthopaedics
Surgery Center (NMOSC)*

NEW MEXICO
ORTHOPAEDICS
EXCELLENCE IN MOTION

A Guide to Your
Upcoming Procedure

Pre-Anesthesia Screening

Prior to Your Surgery

You must complete a pre-anesthesia screening prior to your surgery date. This can be completed one of two ways:

Visit: <https://www.onemedicalpassport.com> (Click here to view instructions.)

If you meet any of the following criteria, you must visit NMOSC (201 Cedar St SE Suite 7650) in person:

- **Kidney / Hepatic Disorders**
- **Cancer**
- **Bleeding Disorder**
- **Diuretics**
- **Taking Coumadin**
- **Hypertensive Medications (High Blood Pressure)**
- **COPD / Emphysema**
- **Next Day Surgery**
- **65+ Years Old**
- **Body Mass Index (BMI) > 40**
- **Diabetic**
- **Heart Problems**

If you have any questions regarding your pre-anesthesia screening, you can call NMOSC at: (505) 724-4395.

Your physician's Medical Assistant will either call you the day before your surgery with your arrival time, or communicate this to you during your pre-op appointment. We finalize the schedule the day prior to accommodate specific patient needs, such as children going first, diabetic patients going early in the morning to limit the negative effects of fasting, or placing patients with potential infections at the end of the day for room sterilization purposes.

NMOSC may require various specialty clearances. If so, these must be provided to your physician's office at New Mexico Orthopaedics prior to your surgery.

Pre-Surgery

<p>ANY TIME</p>	 <p>If you are sick or on any antibiotics, please let us know as soon as possible!</p>
<p>14 DAYS BEFORE</p>	 <p>Stop taking weight loss medication.</p>
<p>5 DAYS BEFORE</p>	 <p>Stop taking herbal supplements and vitamins, unless instructed by your doctor.</p>  <p>Talk with your doctor about stopping Coumadin, Plavix, Aggrenox, or other blood thinners.</p>  <p>With your prescribing physician's approval, stop taking aspirin and other NSAIDS like Ibuprofen, Aleve, or Naprosyn. Tylenol is okay to take.</p>
<p>2 DAYS BEFORE</p>	 <p>Do not shave the surgical site. We will shave for you the day of surgery if needed.</p>  <p>No alcoholic beverages 24 hours prior to surgery.</p>
<p>1 DAY BEFORE</p>	 <p>Drink plenty of fluids, this helps with dehydration.</p>  <p>No tobacco products 24 hours prior to surgery. If you use medical cannabis, please contact NMOSC to discuss this further.</p>
<p>NIGHT BEFORE</p>	 <p>Please shower or bathe.</p>
<p>12 AM / NIGHT BEFORE</p>	 <p>Do not eat anything after midnight or your surgery will be rescheduled.</p>

Day of Surgery

<p>6 AM / SURGERY MORNING</p>	<p> You may use deodorant and brush your teeth. Wear clean, loose-fitting clothing. Do not wear body lotion, make-up, jewelry, nail polish, hairspray, or contacts. Leave your valuables at home. Remove body piercings prior to arrival.</p> <p> Don't take any oral diabetic medications the morning of surgery.</p> <p> Do not take insulin. If you take <i>Lantus</i>, take your dose the morning of, or night before surgery. Bring your insulin with you. If you use an insulin pump, leave it on basal rate only.</p> <p> If you take medications for your heart, blood pressure, asthma, thyroid, or reflux; take your normal dose the day of surgery with a small sip of water.</p> <p> Bring a current and valid photo ID, insurance card, list of current medications, and form of payment.</p> <p> You may leave your crutches in the car unless you need them to get to the surgery center. A member of our team will transport you to your car after your surgery.</p>
<p>4 HOURS PRIOR</p>	<p> You may only drink water or Gatorade up to four hours before your scheduled arrival time. Anything beyond four hours and your surgery will be rescheduled.</p>
<p>2+ HOURS AFTER</p>	<p> You must have an adult, 18 years or older, stay with you at the surgery center until discharge to drive you home. An adult must remain with you for 24 hours after surgery.</p> <p> Parents of children 18 and under must stay in the surgery center lobby for the child's entire stay. Please no children visiting in the recovery room under the age of 12. No more than 2 visitors per patient at a time.</p>

Checklist

What Do I Bring?

- Current and valid photo id*
- Health insurance & prescription cards*
- Valid form of payment*
- Any forms that your surgeon's office asked you to complete*
- List of allergies you have and medications you're taking, along with times and dosages*
- Eyeglasses & case (do not wear contact lenses)*
- Clean, comfortable, loose-fitting clothing*
- Inhaler or insulin pump, if necessary*
- An adult to drive you home*
- Brace, sling, crutches, etc. (any devices dispensed to you from your physician's office)*

Surgery Day

What to Expect



You will check in for your procedure at NMOSC located on the 7th floor of the Presbyterian Professional Building. Remember to bring a list of all current medications, a current and valid photo ID, and your insurance card. Without these items, your surgery will be rescheduled.

After check-in, a nurse will greet you and escort you to the pre-operative holding area where they will confirm your information and type of surgery. You will be provided a personal bag for your belongings and a surgical gown to change into.

The nurse will then prepare you for surgery. This may include:

- Starting an IV line
- Shaving the surgical site
- Cleaning the body part using an alcohol based or iodine antiseptic

Your physician will greet you, discuss the procedure, and mark the surgical site with their initials using a surgical skin marker.

An anesthesiologist will discuss the anesthesia being used and verify you do not have any adverse reactions to the medication. You will need to sign a consent form for the anesthesia.

You will be wheeled into the operating room on a stretcher. Once the procedure is complete you will be moved to the recovery area. You will be monitored for up to two hours while the effects of the anesthesia wear off.

At this time, visitors will be allowed to see you. Please remember all visitors must be 12 or older, and no more than 2 visitors at a time.

After you've recovered, you'll be discharged from the surgery center and escorted to your car in a wheel chair by a surgery center staff member. We will provide you with a post-surgical information packet from your physician.

Misc. Info



How to Contact Us

If you have questions after your surgery, you can contact your care team directly. However, they may be seeing other patients, so you may need to contact our main number to have a message sent to them. If you have an emergency after hours pertaining to your surgery, please call your physician's office at New Mexico Orthopaedics - (505) 724-4300 and follow the prompts to speak with the physician on call.

Billing Information

Three companies are involved in your surgery: NMOSC (the facility), New Mexico Orthopaedics (the physician), and Anesthesia Associates (the Anesthesiologist). Due to this, you will likely receive 3 separate bills. NMOSC will contact you prior to your surgery to collect your out of pocket expense. If you have any questions regarding this, below are the contact numbers for each company:

- NMOSC (505) 724-4395, option 1
- New Mexico Orthopaedics (505) 224-8222
- Anesthesia Associates (505) 260-4343

Surgical Outcomes

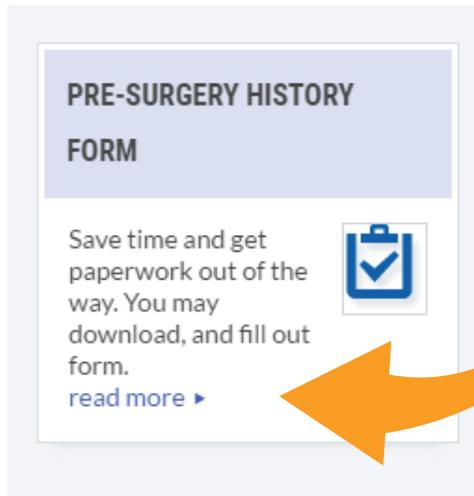
New Mexico Orthopaedics is continually striving to improve the quality of care that we provide. Upon scheduling a surgery with New Mexico Orthopaedics, you may receive an email directing you to a set of surveys regarding your current condition. You will be asked the same questions both before and after your procedure. Your answers allow us to track your improvement after surgery. We appreciate you taking the time to answer the questions.

Disclaimer

NMOSC is owned in part by physicians who are members of New Mexico Orthopaedics, which may include your physician. Consequently, your physician may have a financial interest in NMOSC. You have the right to choose an alternative source of service. Should you desire to do so, please contact your physician's office and ask for a list of sites where he/she has privileges to practice.

Patient Registration Guide

New Mexico Orthopaedic Surgery Center asks that you complete online registration with One Medical Passport. The website will guide you to enter your medical history so that we may provide you with excellent care and minimize long phone interviews and paperwork.



Begin Registration on Our Website

Begin at our facility website: www.nmosc.com and in the “Pre-Surgery History Form” click Read More which will take you to the One Medical Passport home page shown below.

Create Your One Medical

First time users of One Medical Passport should click the green Register button and create an account. Answer the questions on each page, then click save and continue. Once complete, you will be prompted to click Finish to securely submit your information to us.

First Time Users Click Register

Click the green Register button to create your account. Be sure to write down your username and password!

Returning Users

Enter the username and password you chose. You can then access or update your account.



Each page has a Help link you may click for assistance. If you are not able to complete your history online, please call our pre-op nurse during business hours at (505) 724-4395 to complete your history over the phone.

Post Surgery Risks: Deep Venous Thrombosis and Pulmonary Embolism After Arthroscopic Surgery

Although relatively uncommon, blood clots can occur after arthroscopic surgery. When a blood clot occurs in a vein, it is called a deep venous thrombosis, or DVT. Sometimes a DVT can break apart and travel to the lung, which is called a pulmonary embolism, or PE. A PE is a very serious problem and can even be life-threatening.

In patients undergoing knee arthroscopy, DVT's typically occur in the legs. In patients undergoing shoulder arthroscopy, DVT's can occur either in the surgical arm or in the legs. Fortunately, the risk of clinically significant DVT after outpatient arthroscopic surgery is very low, but every patient who undergoes surgery is at some risk.

Several factors are known to increase the risk of DVT, obesity, smoking, hormone replacement therapy, cancer, immobility, and a personal or family history of DVT or PE.

It is important to tell your physician if you, or a family member, have had a DVT or PE, or if you have known risk factors for DVT. Signs and symptoms of DVT include significant swelling and/or pain of the extremity. Signs and symptoms of a PE may include shortness of breath, painful breathing, chest pain, anxiety, or rapid heart rate.

If you are concerned about a DVT or PE, it is imperative that you get in touch with your physician's care team.

There are several things you can do to minimize your risk of DVT after surgery:

- **Decreasing venous stasis – Lower Extremity:**

You will be issued white stockings during surgery, which should be worn at all times for at least 5 days after surgery. These stockings help to minimize pooling of blood in the legs (“venous stasis”) and improve venous return to the heart. Narcotic pain medicines will sometimes make you drowsy and you may be inclined to spend more time than usual either laying down or sleeping. Despite this fact, it is imperative to get up and walk around at least once every couple of hours. Furthermore, when you are sitting in a chair or on a couch, you should frequently pump your ankles and bend your knees. These simple measures will help to keep the blood circulating throughout the body and minimize venous stasis.

- **Decreasing venous stasis – Shoulder:**

It is important to come out of the sling several times per day and work on elbow, wrist, and hand motion. You should come out of the sling at least once every 2-3 hours to perform these exercises in order to allow for improved circulation and decreased venous stasis in the upper extremity.

- **Smoking cessation:**

Smoking is known to increase the risk of DVT. Complete cessation of smoking one week before surgery and at least one month after surgery will enhance the ability of your body to heal after surgery, and may also decrease your risk of DVT or PE. Simply put, stop smoking.

In summary, DVT and PE are uncommon but potentially serious problems after surgery. Please follow the simple instructions outlined above to minimize your risk. If you have known risk factors for, please let a member of your care team know so they can discuss the risks and benefits of prescription blood thinners.