

PRE-SURGERY "CHECKLIST"
(Please Read this ENTIRE Packet Carefully)

TYPE OF SURGERY _____

DATE AND TIME _____

**PLEASE ARRIVE AT _____ AND REPORT TO THE
MAIN ENTRANCE OF SINAI HOSPITAL AND ASKED TO BE DIRECTED TO ADMITTING**

20-30 DAYS BEFORE SURGERY

- PRE-OP TESTING:** You must have pre-operative tests done before your surgery, which includes a history and physical examination, certain blood tests, and other tests that depend on your age, your sex, your medical history, and your medical condition(s). You need to make an appointment ASAP with your local medical doctor or at the Sinai Pre-operative Anesthesia Screening Service (P.A.S.S.) to arrange this testing. Please give the enclosed Testing Requirements to your doctor, and ask your doctor to fill out the Pre-Operative Assessment Form.

SINAI HOSPITAL PRE-OPERATIVE ANESTHESIA SCREENING SERVICE (P.A.S.S.): 410-601-9729
PLEASE DON'T DELAY HAVING PRE-OP TESTS DONE EARLY!

Each of these pre-operative tests may be performed up to 30 days prior to your surgery date. An early appointment will allow time for any abnormal results, if found, to be investigated.

- IF YOU HAVE ANY CARDIAC HISTORY, INCLUDING ABNORMAL EKG OR STRESS TEST, OR IF YOU ARE OVER THE AGE OF 75 YOU WILL NEED TO SEE A CARDIOLOGIST PRIOR TO SURGERY.** If you do not already have a cardiologist or are unable to get an appointment prior to surgery, please contact Tina as soon as possible so that arrangements can be made.
THE CARDIOLOGIST WILL NEED TO FAX HIS REPORT AND TEST RESULTS TO OUR OFFICE.

- FAXING PRE-OP TEST RESULTS:** Fax: 410-601-7811

- OPTIONAL BLOOD DONATION:** (donated between 21-40 days prior to surgery)

YOU MAY DONATE _____ UNIT(S) OF BLOOD FOR YOUR SURGERY.

It is not mandatory that you donate your own blood. If you actually need a blood transfusion during or after your surgery, blood will be available for you. Both Sinai Hospital and the American Red Cross will charge you for shipping and storage fees when you donate your own blood. If you have questions about autologous donations, or about these charges, please contact Sinai Hospital Blood Bank at 410-601-5112.

7 DAYS BEFORE SURGERY DATE

- STOP TAKING ASPIRIN, IBUPROFEN, ANTI-INFLAMMATORY, AND BLOOD-THINNER MEDICINES:** Review carefully the attached list of drugs, which can cause bleeding problems during or after surgery. If you are taking a medication on this list, you must stop it at this time. Please contact the doctor who prescribed the medication to ask whether to continue taking that medication, or to stop prior to your surgery date.
- BLOOD TEST FOR TYPE & SCREEN FOR ANTIBODIES:** (within 1 week of your surgery date) This is a requirement prior to surgery on all patients for whom their surgeon has requested that blood be made available. This blood test is for blood type and screening for any unexpected red blood cell antibodies. It is performed, even if patients have donated their own unit(s) of blood. **YOU MUST CONTACT SINAI PRE-OPERATIVE ANESTHESIA SCREENING SERVICE (P.A.S.S.) AT 410-601-9729 TO SCHEDULE AN APPOINTMENT TO HAVE THIS ONE BLOOD TEST DONE AT SINAI HOSPITAL PRIOR TO YOUR SURGERY.**

Appointment date/time: _____

- MDA DAY: ATTENTION: FOR JOINT REPLACEMENT ONLY**
If you are scheduled for joint replacement surgery, we suggest (although it is optional) that you attend a Multi-Disciplinary Assessment Day (MDA Day) at Sinai Hospital.
MDA day includes an Anesthesia Consult and your blood type and screen test so only one trip to Sinai prior to surgery will be required.

Please call 410-601-9729 to schedule.

Please report to the main hospital lobby at 8:00 AM on the day of your class.

- MEDICAL PROBLEMS/ILLNESSES:**
Please let us know as soon as possible if you develop a medical problem such as a cold, sore throat, cough, tooth problem/infection, skin cut, abrasion, infection in extremity of planned surgery, or any other type of infection. For your safety, a medical problem may cause your surgery to be delayed. If your surgery does need to be rescheduled, your early notice will help us to reschedule with little delay.
- Please check in with our office to make sure that your pre-ops have been received and that you are clear for surgery. This is the biggest cause for cancellations and delays.

THE DAY BEFORE SURGERY

- CONFIRM YOUR SURGERY TIME:**
We will call you to confirm the time of your surgery. If you are not going to be home, please provide us with your cell phone number or other number where you can be reached in case of a last minute changes to the schedule.
- WASH OPERATIVE SITE** with Sage Prep in the evening (for Joint Replacement and Revisions only).
- DO NOT EAT OR DRINK ANYTHING AFTER 12:00 MIDNIGHT.** This includes water, coffee, chewinggum, throat lozenges, mints, etc. Do NOT take ACE inhibitors (heart medicine) tonight.

THE DAY OF YOUR SURGERY

- NOTHING TO EAT OR DRINK:** DO NOT EAT OR DRINK ANYTHING, including water, coffee, chewing gum, throat, lozenges, mints,etc.
- WASH OPERATIVE SITE** with Sage Prep before coming to the hospital as per instructions. (For Joint Replacement and Revisions only)
- ORAL MEDICATIONS:**
Oral medications that are required such as blood pressure, thyroid medicine, anticonvulsants, and heart medicine may be taken with a small sip of water (but no fluid pills, no ACE inhibitors).
- CHECKING IN: REPORT TO THE MAIN ENTERANCE - ASK TO BE DIRECTED TO THE ADMITTING DEPARTMENT.**

Surgical Coordinator: Tina Ruby 410-601-0714 or Truby2work@gmail.com
Dotsie Czajkowski, MS, CRNP-A
Nurses: Mary Anne Murray, LPN; Diane Egbert, LPN; Jamie Healey, RN
410-601-8555
Financial Coordinator: Tami Jenkins 410-601-5263
Social Workers: Mary Davis, LCSWC & Amanda

AFTER SURGERY

Post-Op:

Sutures should be removed at 10-14 days after surgery. This is usually arranged through home care following joint replacement.

- No showering until after staple removal

Most joint patients will need to be seen at 6 weeks post-op. This visit will require x-rays!! If you are scheduling your appointment at The Rubin Institute at Sinai, you may have your x-rays done at the time of your visit, however if you choose to see us at one of our three off site facilities (Towson, Lutherville or Reisterstown), you will need to have x-rays done prior to your visit and hand carry your x-rays with you for your appointment.

Out-patients: follow-up at 2 weeks for suture removal and do not require x-rays

Please call or e-mail our office the week you return home to schedule this appointment and request an x-ray prescription. Truby2work@gmail.com or CALL 410-601-5645.

- If you are taking pain medication, please keep in mind that we will need 5-7 business days in order to process your prescription request. ALL narcotic prescriptions will need to be picked up or mailed to you as they cannot be called in or faxed to the pharmacy.
CALL: 410-601-8555
- When you are ready to begin Out Patient Therapy, please give us a call with the fax number for the facility that you would like to use. CALL: 410-601-8555
- During the 6 week post-op period, please consult our office prior to DRIVING, FLYING or RETURNING TO WORK.

ANSWERS to FREQUENTLY ASKED QUESTIONS

- If requested, we can mail you a Temporary MVA Parking Permit.
- Disability forms can take up to 4 weeks to be processed. Please submit your disability forms as soon as possible. You may fax them to 410-601-7811, email them to trubywork@gmail.com, mail them to The Rubin Institute at Sinai Hospital ~ Harpal Khanuja, M.D. ~ 2401 West Belvedere Avenue ~ Baltimore, MD 21215 or pre-arrange to drop them off at Sinai Hospital or one of our other clinic locations.