

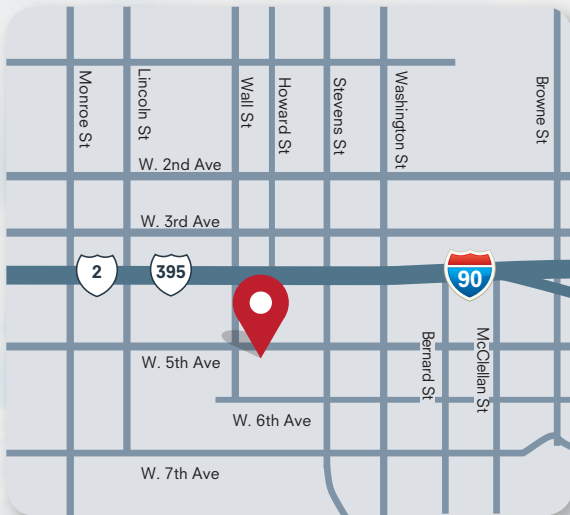
## Our Location

### The Orthopaedic Surgery Center

601 West Fifth Avenue, Suite 500

Spokane, WA 99204

Phone: 509-344-8672



Access to the parking garage is on the west side of the building off Wall Street. Take the elevator to the 5th floor.

## Your Surgery Date

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## The Orthopaedic Surgery Center

# Your life without limits.



**NORTHWEST  
ORTHOPAEDIC  
SPECIALISTS**

Delivering Excellence

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

# Welcome to Northwest Orthopaedic Specialists

## What to Expect

This brochure is designed to provide you with beneficial information regarding your surgery at Northwest Orthopaedic Specialists. It includes helpful instructions concerning scheduling, preoperative preparation, what to expect on your surgery day, postoperative care, and insurance and billing.

Our priority at The Orthopaedic Surgery Center is to serve you with the highest standard of care in a comfortable and professional atmosphere. Our facility is devoted to providing only orthopaedic surgery and interventional pain management procedures, which makes our center highly efficient and better able to provide specialized operative care for you, our patient.

Please let us know if there is anything we can do to further improve your experience with us.

Sincerely,

*The surgeons and staff of  
Northwest Orthopaedic Specialists*

*\*Please note: The doctors operating in The Orthopaedic Surgery Center have ownership and a financial stake in this surgery center.*

## Scheduling

Your doctor's practice coordinator will schedule your surgery. Important information, such as your health history and insurance, will be obtained prior to scheduling your surgery. If there are changes to your physical condition after scheduling, please notify the surgery center as soon as possible.

After the business office reviews your health insurance, you will be asked to make financial arrangements with them prior to your surgery date.

A member of the surgery center team will contact you the day before your surgery to confirm the time of your surgery, which may be subject to change. At that time, he or she will also review any special instructions you will need to follow in preparation for your surgery. Please call The Orthopaedic Surgery Center at 509-344-8672 if you have not been contacted by 4:00 p.m. the day prior to your surgery date.

## Presurgery Preparation

### Food & Drink

Please do not consume food or liquids after midnight on the evening prior to your surgery date due to complications associated with anesthesia. This includes mints and chewing gum. Additionally, we recommend that you do not smoke, chew tobacco, or consume alcohol for at least 24 hours prior to your surgery.

### Presurgery Hygiene & Dress

- » You may brush your teeth prior to surgery, but remember not to swallow liquids after midnight.
- » Jewelry, watches, and body piercings should not be worn on the day of surgery.
- » Do not bring valuables with you. You may wear dentures and glasses to the surgery center. However, it is recommended that you bring the cases to place them in during surgery.



Please do not consume food or liquids after midnight on the evening prior to your surgery.

If you wear contacts, they will need to be removed, so bring your solution and a case with you to the surgery center.

- » Please wear comfortable, loose clothing, appropriate for the procedure being performed, such as a button-front blouse/shirt for shoulder surgery. Please bring flat-sole, slip-on walking shoes.
- » Please bring extra under garments and/or diapers for young children having surgery. If they are taking a bottle, bring an empty bottle as well as a bottle with their usual formula or milk. You may bring their favorite toy or blanket as well.
- » If you have been provided with any medical equipment prior to your surgery date, such as slings, crutches, postoperative shoes, or walkers, please present them at check-in. You may also want to bring pillows and blankets for your trip home.

### Medications & Testing

- » Please stop taking all herbal remedies, aspirin, and anti-inflammatory medications (Advil, Aleve, Ibuprofen, Motrin, Naproxen, etc.) seven days prior to surgery unless otherwise instructed. However, it is okay to take Tylenol (acetaminophen) if something is needed for pain.

- » If you are currently taking a prescription blood thinner (Coumadin, Plavix, etc.) on a regular basis for heart problems or stroke, please call your surgeon's office immediately for further instructions.
- » You may take your usual morning blood pressure, heart, acid reflux, and/or seizure medicines on the morning of surgery with a sip of water.



Please provide an accurate list of daily medications to the surgery center when they are reviewing your health history.

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- » Do not take any diabetic medicine the day of surgery. However, please make sure to bring your diabetic medication with you.
- » Please provide an accurate list of daily medications to the surgery center when they are reviewing your health history. Continue to take all prescription medications

as normal unless informed otherwise by the nursing staff. You will be instructed on which medications to take the day of the procedure. If you have any questions on which medications you may or may not take the day of your procedure, please call a nurse at The Orthopaedic Surgery Center at 509-344-8672.

- » If you experience any health changes, such as an elevated temperature, cold, cough, or other health-related problems, please notify your doctor immediately.

### Transportation

You, the patient, are not permitted to drive a car or leave our surgery center unattended after surgery. It is necessary to make arrangements for a responsible adult or caregiver to drive you home and stay with you for 24 hours following surgery.



It is necessary to make arrangements for a responsible adult or caregiver to drive you home. Without these arrangements, your surgery will be canceled.

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## Day of Surgery

### What Will Happen at the Facility Prior to Surgery

» At reception, you will be asked to complete the forms that apply to your stay with us, such as assignment of benefits, estimate of charges, and Medicare's advance beneficiary notice, if applicable.

» The nurse will show you to the preoperative waiting area and assist in preparing you for surgery. You will be asked to change into a surgical gown. Your clothes and personal

belongings will be secured, or you may give them to the person who has accompanied you to The Orthopaedic Surgery Center.

» A nurse will obtain and/or verify a health history, including height, weight, temperature, pulse, and blood pressure. Any patient with a history of diabetes will undergo a blood glucose test. Other tests, such as an EKG or a pregnancy test for women of childbearing age, may be performed as needed.

» If your procedure is scheduled with anesthesia, you will visit with your anesthesia provider prior to your surgery.

» Your doctor will have you read and sign a surgery consent form acknowledging your understanding of the procedure and granting permission for your surgeon to perform the scheduled procedure(s).

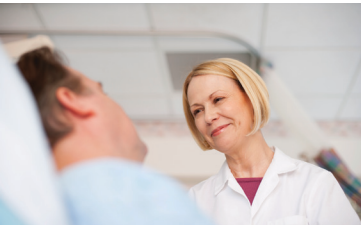
» A parent or legal guardian must accompany any minor or impaired adult the day of surgery and remain at The Orthopaedic Surgery Center throughout the patients' stay.

## Postsurgery Preparation & Recovery

### After Your Surgery

After your surgery is completed, you will be cared for in our recovery area, where you will be closely monitored by our experienced staff until you are deemed ready to go home. At the time of discharge, the surgery center nurse will give you and your escort specific instructions regarding your home care.

You have the right to expect appropriate pain control. We may not be able to rid you of all your pain, but we can lower your pain to a level you can tolerate. Your doctor will write a prescription for pain medication for use at home.



The Orthopaedic Surgery Center does not fill your home prescription. You will need to be prepared to purchase your pain medication at your pharmacy of choice.

### Returning Home After Surgery

Due to the use of anesthesia and/or narcotics, you may experience sleepiness, dizziness, or nausea. These are normal side effects, which may continue for 12 to 24 hours. Remember to drink plenty of liquids upon your return home.



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Due to the symptoms you may experience after your surgery, please do not do any of the following activities for at least 24 hours after discharge, or longer if you are taking pain medications:

- » Drive and operate equipment or machinery
- » Sign important papers

» Make significant decisions

» Drink alcoholic beverages

The next business day following surgery, a nurse from the surgery center will call to check on you and to answer any questions you may have.

If you experience any problems or difficulties following surgery, please call The Orthopaedic Surgery Center at 509-344-8672. However, if it is after regular business hours, please contact the on-call doctor at 509-344-2663.

### Insurance & Billing

At Northwest Orthopaedic Specialists, we participate in most major insurance plans. However, we suggest that you verify your eligibility for services with your insurance company. If you have any questions regarding insurance and your healthcare coverage, please call your insurance provider, which is listed on the back of your insurance card.

Please note that, prior to your surgery date, we will need a copy of your insurance card(s) and photo identification. If your insurance requires co-payments and/or deductible payments, we accept credit card, check, or cash. If you have any questions regarding billing, please consult with one of our billing staff members prior to your surgery at 509-344-8672.