

A Guidebook on Outpatient Orthopedic Surgery



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A Message from the Chairman

We would like to welcome you and thank you for choosing NewYork-Presbyterian Queens for your orthopedic outpatient surgery. We want to make your experience as convenient and comfortable as possible. From the time you arrive, throughout your entire stay, our goal is to provide you with the highest standards of medical care and peace of mind. Our surgeons, doctors, nurses and other healthcare professionals are here to help you feel relief and return to your daily life as quickly as possible.

We are committed to keeping you informed and assisting you with becoming an active partner in your healthcare. This guide is intended to be used as a resource prior to your admission to help you prepare for your surgery and understand what your options are for anesthesia. Please take the time to read it carefully and review it with your family members as it will also help you plan ahead for your postoperative care.

If you have any questions, please call the telephone numbers listed in the guide. Your healthcare team will answer all of your questions and discuss what expectations you should have for your hospital stay. Remember, the most important member of the healthcare team is YOU.

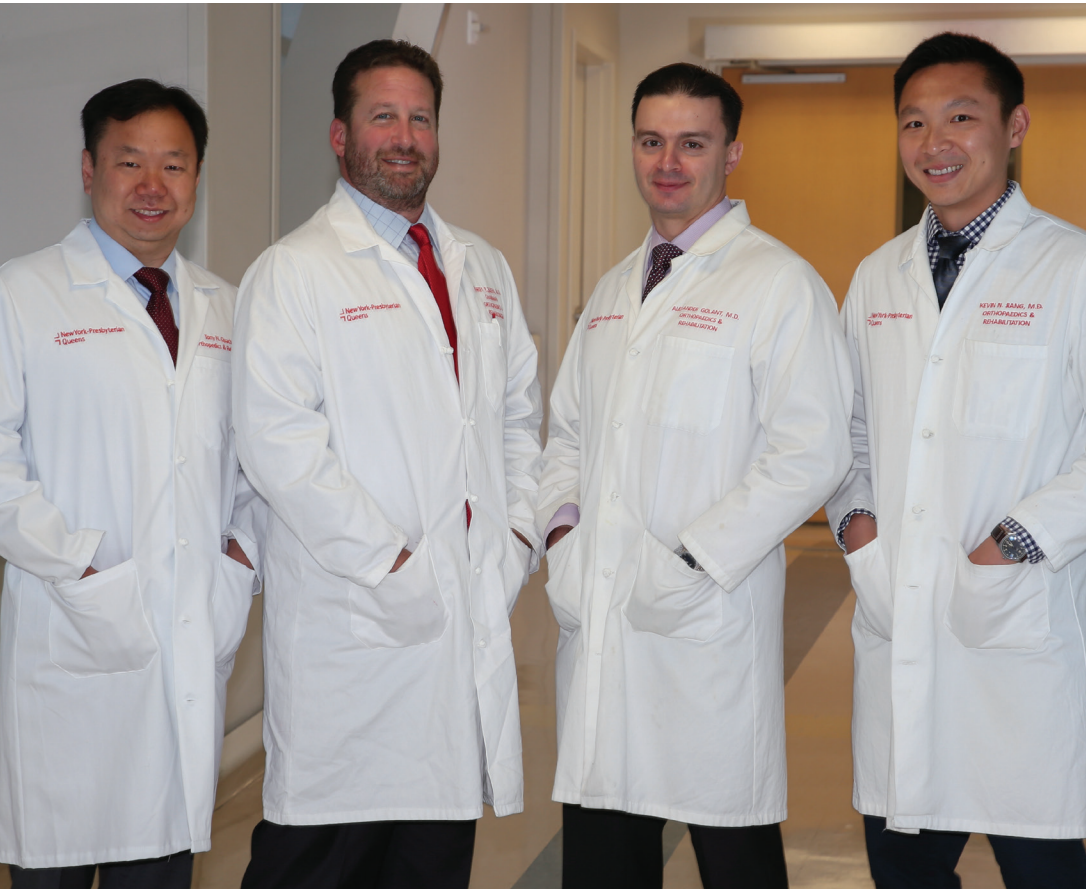


Jeffrey E. Rosen, MD

Chairman

Department of Orthopedics & Rehabilitation
NewYork-Presbyterian Queens

Your Care Team



Attending Orthopedic Surgeon

An attending orthopedic surgeon is a medical doctor who has received extensive training in the art and science of performing surgery to treat diseases, injuries and deformities of the musculoskeletal system. Your surgeon will be your main contact if you have any questions regarding your surgery.

Resident Physician

A physician in-training, certified to practice medicine under the supervision of an attending physician. A resident has a medical degree and is a fully qualified physician.

Certified Registered Nurse Anesthetist (CRNA)

A CRNA is a registered nurse certified in providing anesthesia under the immediate and direct supervision of an anesthesiologist.

Physician Assistants (PAs)

Licensed to practice medicine under the supervision of a licensed physician, a PA can conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive healthcare, assist in surgery and write prescriptions.

Anesthesiologist

An anesthesiologist is a perioperative physician who provides medical care to each patient throughout his or her surgical experience. This includes medically evaluating the patient before surgery (preoperative), providing a pain-free state and supporting life functions during surgery (intraoperative), supervising care including providing pain control after surgery (postoperative) and discharging the patient from the recovery unit.

Nurses

Registered nurses (RNs) or licensed practical nurses are responsible for your bedside nursing care following your surgery. The nurses caring for you will follow the surgeon's instructions to guide your care, and will provide education to you and your family about your health and safety needs related to your surgery.

Occupational & Physical Therapists (OTs & PTs)

OTs, PTs and PT assistants are licensed professionals who will work with you to restore your function, improve mobility and decrease pain with the goal of reestablishing your prior level of function. They will focus on activities of daily living and mobility in the home, workplace and community while maintaining your physical, physiological and emotional health.

Anesthesia and Pain Management



Anesthesia is the process of inducing a pain-free, tranquil, sleeplike state for your outpatient surgery. The types of anesthesia you may receive will be discussed with you during your preoperative risk assessment appointment. The final decision is a joint decision on the day of surgery between you, your surgeon, and your anesthesia care team. At that time, all your possible anesthetic choices will be discussed in detail and reviewed with you by your anesthesia care team.

Prior to your surgery, your anesthesia care team will also discuss the various options available to you to control your postoperative pain. Together, you and your anesthesia care team will implement the options best suited for you.

General Anesthesia

General anesthesia is a safe anesthetic technique that renders you completely unconscious. In this instance, you will be given medication to induce a sleeplike state, followed by a gas anesthetic administered via a breathing device into your lungs. Throughout the operation you are attached to monitors that display information on your heart rhythm, heart rate, oxygen level in your bloodstream, body temperature and blood pressure. Your anesthesia care team will continually check these monitors during surgery.

Regional Anesthesia

Regional anesthesia is a safe anesthetic technique that temporarily numbs the area of your surgery making it pain-free. There are two commonly used types of regional anesthesia: spinal and epidural. In regional anesthesia, you also receive sedation medication that allows you to sleep peacefully throughout the operation.

Unlike general anesthesia, when sedation medication is discontinued, you will awaken almost immediately and without pain because the regional anesthesia is still working. Throughout your procedure you will be monitored closely as our main goal is to have you undergo surgery with the utmost safety, with your pain under control, and in a comfortable environment. In some rare instances, there may be situations preventing you from receiving a combination of regional anesthesia. In that case, your surgery will be done under general anesthesia.

Monitored Anesthesia Care

The anesthesia care team will administer IV medication(s) to reduce your awareness and let you sleep as your surgeon operates. Your surgeon will give you numbing medicine directly into the surgical site after the IV sedation has started.

Peripheral Nerve Blocks

Peripheral nerve blocks play an important role in the anesthetic plan for patients undergoing many types of orthopedic procedures. The anesthesia care team will inject local anesthesia near a specific nerve or bundle of nerves to block sensations of pain from a specific area of the body. Peripheral nerve blocks are usually administered before your operation to reduce the discomfort or pain you would normally have after your surgery. You may still require general anesthesia or regional anesthesia for your surgery.

Anesthesia Billing

Please be aware that the Department of Anesthesiology will bill you for services separately from the bill for the surgical procedure. Any and all questions related to anesthesia billing may be forwarded to the Anesthesiology Department at 1-888-983-4885 (8:00 a.m. – 4:00 p.m. Monday through Friday).



Preparing for Your Surgery

The following information will help guide you in preparation for your orthopedic outpatient surgery. Please review this information carefully to ensure that you have taken the necessary steps well in advance of your surgery.

Preoperative Risk Assessment Center (PRAC)

In order to assure the best surgical outcome for you, we require the identification and optimization of all your medical conditions prior to surgery. Your physician will determine if you require pre-admission testing before your surgery. At PRAC, we use evidence based guidelines and clinical pathways to identify and manage risk factors and implement risk reduction strategies. This pre-admission testing process helps assure that your surgery will proceed without delay. Since it takes time for your physicians to review your test results, you will need to have all tests completed at least one to two weeks prior to your surgery. If you do not have the required pre-admission evaluations completed, your surgery may need to be postponed.

Medical Risk Assessment

Depending on your age and medical history, a medical risk assessment to ensure you are in good health may be required for outpatient orthopedic procedures. Once you know the date of your PRAC appointment, we suggest you call to schedule an appointment with your primary medical doctor or specialist to review your pre-admission testing results and provide your clearance. This appointment should be scheduled for one to two days after your appointment at the PRAC. This will allow time for the PRAC to fax the results to your physician, and give your physician time to send your clearance to the PRAC.

Medical Clearance

It is extremely important that your medical clearance be faxed to the PRAC (fax number: 718-661-7783) so that it can be reviewed and placed into your medical chart. Your medical clearance should also be faxed to your surgeon's office (a list of fax numbers are noted in the *Important Contact Information* section of this guide.) According to your history or current condition, additional clearances may be required. If additional clearances are necessary, you will be notified at the time you schedule the surgery. You may also need to be evaluated by a specialist such as a cardiologist, pulmonologist, or neurologist. Additional clearances should also be faxed to the PRAC.

Arrival and Discharge Plans

Prior to your surgery, you should plan with your family members and/or friends to coordinate how you will get to and from the hospital or ambulatory surgery unit on the day of surgery. You should also determine what your needs will be after you are discharged. Patients having outpatient surgery are able to go home on the same day; however, since you will experience some effects of anesthesia after your surgery is completed, you will not be able to leave by yourself.

All outpatient surgery patients must be accompanied by an adult over the age of 18 at discharge on the day of surgery.

Medications

At pre-admission testing, a review of your medications will be performed. Please discuss with your doctor if you are taking blood thinners. At this time, you will be notified of which medications must be stopped prior to surgery and which medications you may take up to and including the day of your procedure.

Smoking

Smoking of any kind should be stopped prior to your surgery. It is recommended that you stop smoking at least one month prior to surgery and avoid smoking at least six to 12 weeks following surgery. This is important to help lessen the risk of postoperative lung problems, as well as to decrease healing complications which smoking can cause. If you need help with smoking cessation, ask your doctor for information.

Dental Examinations

To reduce the risk of introducing infections into the bloodstream, it is recommended that you visit your dentist for any outstanding dental cleanings or procedures such as extractions at least two weeks prior to surgery. It is also recommended that you practice good oral hygiene by brushing your teeth and using mouthwash regularly.

Review Your Insurance Coverage

Your surgeon's office will speak to you about your insurance. However, it is also important for you to contact your insurance provider before surgery to better understand your insurance coverage.

Your Preoperative Risk Assessment Center (PRAC) Appointment

If required, your surgeon's office will help you schedule this pre-admission testing appointment which must be completed before your outpatient surgery. You will receive a comprehensive physical exam that will provide important information to the surgeons and nurses preparing you for surgery.

What to Expect at Your PRAC Appointment

Your multidisciplinary team of caregivers will be comprised of physician assistants (PAs), patient care associates and medical technicians. A complete medical history will be obtained from you as well as a blood test, EKG, urine specimen, nasal culture, chest X-ray and/or other X-rays.

- The appointment may take up to two hours, so please plan accordingly.
- If you need to change or cancel your appointment, please call your surgeon's office directly. The surgeon's office will notify the PRAC.
- If you are running late for your appointment, do not call your surgeon. Please call the PRAC directly at 718-670-1990.

How to Prepare for Your PRAC Appointment

On the day of your appointment with PRAC, you can:

- Eat normally on the morning of and during the day of your appointment.
- Take your usual medications you normally take.
- Wear comfortable clothing, such as a shirt or blouse that buttons down the front and has sleeves that you are able to roll up (for your convenience, and that of the staff administering your tests, please do not wear pantyhose or long underwear).

What to Bring to the PRAC Appointment

Please remember to bring the following with you:

- Identification and insurance cards.
- A written list of all the medications you take, including herbal supplements, vitamins and over-the-counter drugs with dosage and frequency.
- A list of all prior surgeries, hospitalizations and illnesses you have had, with approximate dates.
- A list of all allergies, including medications, and whether or not you are allergic to latex and metals.
- All letters and information from your doctor.
- Reading glasses and hearing aids (if you use them).



One Day Before Your Surgery

You will receive a telephone call from an Operating Room (OR) nurse on the day before your surgery to advise you of the time of your surgery as well as what time you should arrive. It is very important that you provide a number where you can be reached at this time.

If you miss this phone call, you can reach the staff at the following numbers:

For Same-Day Surgeries in the Main Operating Room (OR)

- Before 6 p.m., 718-670-1265
- After 6 p.m., 718-670-1442

For Same-Day Surgeries in the Ambulatory Surgery Unit (ASU)

- After 7 p.m., 718-670-1053 or 718-670-1456

Please do not call your surgeon's office regarding arrival time/time of surgery.

The Night Before Surgery

Review this guide thoroughly the night before your outpatient surgery.

Food

- You may eat normally the day before surgery.
- Do NOT eat food (including gum or candy) after midnight.

Fluids

- Do NOT drink anything after midnight.

Medications

- Take medications as directed, with a small amount of water (unless otherwise directed by your surgeon).

What to BRING, and NOT BRING, to the Hospital

BRING to the hospital

- This booklet
- Cane, crutches, brace, or a walker (if your surgeon has asked you to)
- Eyeglasses (not contact lenses)
- Dentures and/or hearing aid (a container will be provided for these items - do not place them on your bed, food tray or anywhere else)
- A list of your medications (including any you have recently stopped taking at your surgeon's request)
- Identification
- Insurance cards
- Completed Advance Health Care Directive (optional)
- Telephone number for your pharmacy
- Emergency contact name and telephone number
- Your telephone number
- Your email address

DO NOT BRING to the hospital

- Medications (please do NOT bring in your medications unless asked by your surgeon)
- Valuables (jewelry, large amounts of cash or credit cards)

We understand that this may become overwhelming. Please feel free to contact the surgeon's office with any questions you or your caregivers may have.



The Day of Your Surgery

Important Information

Your surgery will be performed at one of the following locations:

NewYork-Presbyterian Queens

56-45 Main Street
Flushing, New York

The location of your surgery will be confirmed at the time of scheduling.

The Morning of Your Surgery

- Do not eat or drink ANYTHING.
- Take only the medications that you have been instructed to take by your physician, pre-admission physician assistant or nurse with only a small sip of water.
- Shower (this may also be done the night before).
- Brush your teeth and rinse your mouth without swallowing any water.
- Wear comfortable, loose-fitting clothing and flat, non-slip walking or athletic shoes that you can easily put on your feet.
- Wear eyeglasses, not contact lenses.
- You will need to have arrangements made for someone to accompany you home on the day of surgery; you will not be allowed to leave on your own.

If arrangements for an adult over the age of 18 to accompany you home are not made, your surgery will be cancelled.

Planning Ahead for Your Postoperative Needs



Cryotherapy (Cold Therapy)

If cryotherapy (cold therapy) is recommended by your surgeon, it will be ordered for you and the information will be delivered to you in the recovery room following your surgery. You will be contacted the week before your surgery by the distributor to explain your insurance coverage determination. Alternatively, ice will be used to reduce swelling and inflammation to the surgical site and should be applied as directed by your doctor for at least five to seven days after your surgery.

Your First Postoperative Appointment

Your surgeon's office will make your first postoperative appointment on the same day your surgery is confirmed. (Please write it down on the *Important Dates to Remember* page of this booklet and in your personal calendar.) If this appointment has not been confirmed, please call and schedule it prior to your surgery.

Braces, Crutches or Canes

You will be provided with a cane or crutches and training on the day of your Preoperative Risk Assessment Center (PRAC) appointment. Upon completion of your PRAC appointment, you may be directed to report to the inpatient physical therapy (PT) gym. A brace, if recommended by your surgeon, will be given to you in the recovery room following surgery, or ahead of time.

If you have any questions regarding this preoperative packet, please do not hesitate to call our Orthopedics and Sports Medicine Center at 866-670-OUCH (6824).



Your Care Team

Attending Surgeon _____

Physician Assistant _____

Primary Care Doctor _____

Nurse(s) _____

Case Manager _____

Social Worker(s) _____

Physical Therapist(s) _____

Occupational Therapist(s) _____

Patient Navigator _____

Other _____

Important Dates to Remember

Surgery

Date: _____ Time: _____

Preoperative Risk Assessment Center Appointment (PRAC)

Date: _____ Time: _____

Medical Risk Assessment Appointment (if necessary)

Date: _____ Time: _____

Total Joint Replacement Class (if necessary)*

Date: _____ Time: _____

First Postoperative Appointment

Date: _____ Time: _____

*For patients receiving joint replacement surgery, please also refer to our *Guidebook on Total Joint Replacement*

Important Dates for the Patient to Fill In

Medical Clearance

Date: _____ By: _____

Additional Clearance(s) (if necessary)

Date: _____ By: _____

Date: _____ By: _____

Day of the Surgery

Surgery Time: _____ AM | PM

Arrival Time: _____ AM | PM

If you have any questions regarding your surgery or the preoperative workup, please do not hesitate to call your surgeon's office.

Contact Information and Locations

In the event of an emergency, dial 911

NewYork-Presbyterian Queens

56-45 Main Street, Flushing, NY 11355

Main Hospital Number.....	718-670-2000
Patient Information	718-670-1111
Case Management	718-670-1284
Social Work	718-670-1300
4West Nursing.....	718-670-2170
Anesthesiology Billing.....	888-983-4885
Inpatient Physical Therapy.....	718-670-1290

Department of Orthopedics & Rehabilitation

718-670-2558

56-45 Main Street, 4 South, Flushing, NY 11355

Outpatient Occupational & Physical Therapy

1-855-37REHAB (1-855-377-3422)

Center for Orthopedics & Rehabilitation, Flushing Office

56-45 Main Street, 4 North, Flushing, NY 11355

Center for Orthopedics & Rehabilitation, Fresh Meadows Office

163-03 Horace Harding Expressway, Floor 2, Fresh Meadows, NY 11365

NewYork-Presbyterian Medical Group Queens

Downtown Flushing Multispecialty, Flushing

718-888-0066

136-56 39th Avenue, 2nd Floor, Flushing, NY 11354

Orthopedics and Sports Medicine Center, Fresh Meadows

1-866-670-OUCH (6824)

163-03 Horace Harding Expressway, 4th Floor, Fresh Meadows, NY 11365

Orthopedics and Sports Medicine Center, Jackson Heights

1-866-670-OUCH (6824)

72-06 Northern Blvd, 2nd Floor, Jackson Heights, NY 11372

Orthopedics and Sports Medicine Center, Sunnyside

718-784-4747

47-01 Queens Blvd, Suite 403, Sunnyside, NY 11104

Outpatient Occupational & Physical Therapy, Jackson Heights

1-844-REHAB-01 (1-844-734-2201)

72-06 Northern Blvd, 2nd Floor, Jackson Heights, NY 11372

[illegible]



NewYork-Presbyterian Queens

56-45 Main Street
Flushing, NY 11355

nyp.org/queens-ortho

Department of Orthopedics & Rehabilitation

718-670-2558

56-45 Main Street, 4 South
Flushing, NY 11355

Outpatient Occupational & Physical Therapy, Flushing

1-855-37REHAB (1-855-377-3422)

56-45 Main Street, 4 North
Flushing, NY 11355

Outpatient Occupational & Physical Therapy, Fresh Meadows

1-855-37REHAB (1-855-377-3422)

163-03 Horace Harding Expressway, Floor 2
Fresh Meadows, NY 11365

NewYork-Presbyterian Medical Group Queens

Orthopedics and Sports Medicine Center, Fresh Meadows

1-866-670-OUCH (1-866-670-6824)

163-03 Horace Harding Expressway, 4th Floor
Fresh Meadows, NY 11365

Orthopedics and Sports Medicine Center, Jackson Heights

1-866-670-OUCH (1-866-670-6824)

72-06 Northern Blvd, 2nd Floor
Jackson Heights, NY 11372

Orthopedics and Sports Medicine Center, Sunnyside

718-784-4747

47-01 Queens Blvd, Suite 403
Sunnyside, NY 11104

Downtown Flushing Multispecialty, Flushing

718-888-0066

136-56 39th Avenue, 2nd Floor
Flushing, NY 11354

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