

The Weeks Before Your Surgery

Pre-Operative Testing

For patients under 16 years old, you need to be seen by a Pediatrician within 30 days of your surgery.

For patients over 50 years old, you need:

- To be seen by an Internist for clearance with a History & Physical.
- Have an EKG within 30 days of your surgery.
- Blood work within 30 day-SMA 20 including liver function, CBC, PTT.
- Urinalysis
- MRI

For Patients over 60 years old you will also need a chest x-ray

If you are being treated for a chronic illness, you will need to be seen by your treating Physician to obtain surgical clearance regardless of your age.

Medications

Special instructions about your medication(s) in the days before your surgery may be given to you by Dr. Glashow or by the anesthesiologist.

10 DAYS PRIOR TO YOUR SURGERY

You must STOP taking ASPIRIN, IBUPROFEN containing compounds – unless otherwise instructed by your physician. **Also STOP taking** Vitamin E or any supplemental vitamins which contain E (this includes multi-vitamins) for 10 days prior to surgery.

Please ask your Personal Physician regarding the stoppage of any prescription medicine.

You may take Tylenol as needed.

To Be Avoided: The following are only some of the many aspirin containing compounds to be avoided:

ALIEVE	DRISTAN
ADVIL	DURAGESIC
ALKA-SELTZER	ECOTRIN
ANACIN	EMIRIN
ANAPROX	EXCEDRIN
ANSAID	FELDENE
ASCODEEN-30	FIORINAL
ASCRIPITIN	INDOCIN
ASPIRIN	MECLOMEN
ASPIRIN SUPPOSITORIES	MIDOL
BAYER	MINACET W/ CODEINE
BC POWDERS	MOTRIN
BUFF-A-COMP	NAPROSYN
BUFFADYNE	NORGESIC
BUFFERIN	NUPRIN
BUTALBITAL	PLAVIX (2 weeks prior to surgery with physician's consent)
CAMA-ARTHRITIS	PEPTO-BISMOL
CHERACOL CAPS	PERCODAN
CLINORIL	PERCOGESIC
CONGESPERIN	SINE-AID
COPE	SINE-OFF
DARVON	VANQUISH

*Please keep in mind most over-the-counter pain, cold medicine, and non-steroidal anti-inflammatories (NSAIDs) do contain either aspirin or ibuprofen, all of which must be stopped 10 days prior to surgery.

The Weeks Before Your Surgery -Continued

The following are some aspirin-containing TOPICAL medications to be avoided:

ABSORBENT RUB

ANABAM

ARTHALGEN

BANALOG

BEN GAY

BRASKA

COUNTERPAIN RUB

DENCOURUB

EXOCAIN

HEET

ICY HOT

INFRA RUB

OMEGA OIL

SLOAN'S

SURIN

*You may be able to take a narcotic pain reliever if needed prior to surgery. Please contact the office if you need a prescription.

Stop Smoking

Along with long term health problems, research shows that smoking can increase the chances of complications of surgery and anesthesia. There is no smoking allowed inside of hospital facilities. For help quitting including counseling, support, nicotine replacement, etc. speak with your doctor.

Financial Planning

Questions related to charges for your surgery should be addressed early. **You will be receiving separate bills** from the following: Dr.Glashow, Anesthesiology, Pathology, Gotham Surgical & Brace (Cryocuff /Gameready), and Mount Sinai Hospital.

For questions regarding your hospital bill after surgery please call: **Mount Sinai Patient Billing** at 212.731-3100 or outside of NYC 866.682.9380.

For questions regarding your anesthesia bill please call: **Mount Sinai Anesthesia Billing** at 800.627.4470

For questions regarding your CryoCuff/GameReady please call: **Gotham Surgical & Brace** at 212.983.3755

For questions regarding Dr. Glashow's billing, please call 203.301.4074.

Gotham Surgical & Brace will send an ice machine, Cryrocuff or Gameready to the hospital for you to take home. If you prefer you may have this shipped to your home. Please call Evelyn at 212.983.3755. She will give you instructions on its use. Please use your ice machine until otherwise directed. **Reminder:** Please have a large supply of ice at home after your surgery.

The Day Before Your Surgery

Our Surgical Coordinator Elaine will call you on the **BUSINESS DAY PRIOR TO SURGERY** to inform you of the time and location of your surgery. The Hospital requests that you arrive at least two hours before your scheduled surgery time so that they may complete pre-surgical requirements. You should receive this call sometime **after 2 pm** the business day prior to your surgery. **If you are NOT contacted BY 4 pm**, you may call Elaine at 212.794.8880.

You CANNOT have ANYTHING to eat or drink after midnight the night before your surgery, if your surgery is scheduled for the morning. (You may brush your teeth, use mouthwash and rinse your mouth as needed, but **DO NOT SWALLOW**.) The only exception is Dr. Glashow and/or your primary care physician instructs you to take any medication with a small amount of water, i.e. blood pressure medications. **Diabetics may not fast and should be the first surgical patients of the day**. If your surgery is scheduled for the afternoon, The Mount Sinai Medical Center will inform you how long before surgery to stop eating and drinking.

Wash the surgical area (knee, shoulder, elbow, etc.) in the shower before surgery with **Beta dine soap** (it is available at a local pharmacy). Do not shave the area. This will be done at the hospital.

Please have a large supply of ice at home. This is to keep the affected area cold with your Cryocuff/Gameready. For information on your **Gameready** please visit their website at <http://www.gameready.com/> or call Gotham Surgical & Brace at 212.983.3755. **Gotham Surgical & Brace will send** an ice machine, Cryocuff or Gameready to the hospital for you to take home if you have previously made these arrangements. Please use your ice machine until otherwise directed. **Reminder:** Please have a large supply of ice at home.

If you are having shoulder surgery you will need extra pillows to help you get comfortable.

The Day Of Your Surgery - Helpful Information

Please be advised that **your surgery will be preformed at The Mount Sinai Medical Center** located at 1190 Fifth Avenue entrance at 101 Street in Manhattan. On the day of your scheduled procedure, please report to the Second floor. **Please arrive Two Hours prior to the actual time of your surgery.** **Parking is available** at the Mount Sinai Visitors Parking Garage located at 99th Street (between Madison and Park Avenues). Hours: 6:00 A.M. to 1:00 A.M. Rates: \$7.75 hourly rate & daily rates

On the day of your surgery be sure to wear low-heeled shoes and comfortable loose clothing. A jogging suit works best. If you are having shoulder surgery, you will leave the hospital with your arm in a sling, the non-operated arm will fit through a sleeve but the operated arm/shoulder will not fit through a sleeve. For women having shoulder surgery, wearing a strapless bra is recommended so that the straps don't interfere with the shoulder bandages.

Do not bring valuables with you, such as jewelry. If you wear contact lenses, please leave them at home and wear glasses.

Someone MUST pick you up when you are discharged from the Hospital. You will not be discharged from the Hospital without an escort, so please arrange for an escort to pick you up after surgery. **It is highly recommended that you have someone at home with you the night of your surgery.**

Gotham Surgical will send an ice machine, Cryrocuff or Gameready to the hospital for you to take home. If you prefer you may have this shipped to your home. Please call Evelyn at 212.983.3755. She will give you instructions. Please use your ice machine until otherwise directed. **Reminder:** Please have a large supply of ice at home.

You and your family will be given post-operative instructions from Dr. Glashow following surgery. These are written instructions so you may refer to them at home. All necessary prescriptions will also be given to you at this time.

Friends or relatives may wait for you in the family waiting room on the 2nd floor. They can check your status by calling **212.241.7778**. Dr. Glashow or Christopher Prezzano RPA-C will speak to them following your surgery.