



Swedish Medical Plaza
701 East Hampden Avenue #120
Englewood, CO 80113

PSL/Professional Plaza West
1601 East 19th Avenue #4000
Denver, CO 80218

Sky Ridge Medical Center

Important Information About Scheduling Your Surgery

Welcome to the Denver Spine Center. We understand that this can be a stressful time for our patients and their families. We are here to help you and make this as pleasant an experience as possible. Please review this important information regarding the scheduling process.

■ **YOUR SURGERY DATE:** Dr. Ghiselli typically operates on Mondays, Tuesdays and Thursdays at Swedish Medical Center, Porter Adventist Hospital, Pres. St. Luke's Hospital and Sky-Ridge Medical Center. We will do our best to accommodate your preferences regarding dates and hospitals. If you have not received a call from the Surgery Office within a day or two of your visit, and you are ready to schedule your surgery, please call the office.

■ **PRE-OPERATIVE TESTING AND CONSENTS:** pre-operative consultations with your primary care physician are required for all patients with a history of heart disease, high blood pressure, diabetes, asthma, COPD, and other significant medical conditions, such as obesity or a family history of coronary artery disease. If you do not fall into one of these categories you will be scheduled with our Physicians Assistant/Medical Assistant for a History and Physical in our office the day of your consent appointment. **Be prepared to provide a medical history, including a list of current medications and dosage, allergies, and previous surgeries** at your pre-op appointment. Anesthesia guidelines require that some lab work be drawn within 14 days of surgery. EKG's are required on all patients over 40 years old and must be no more than six-months old. Pre-op orders will be faxed or called in to the hospital. In most cases, **you will go to the hospital for pre-op testing** the day of your consent appointment.

■ **INSURANCE PRE-CERTIFICATION:** most in-patient surgeries require pre-authorization from your insurance company. Although the Surgical Coordinator will obtain pre-certification, patients are strongly encouraged to check with their insurance carrier regarding membership benefits and eligibility. Many surgeries, including back surgery, do not require pre-certification when performed on an out-patient basis. Most micro-lumbar surgery patients are admitted on a 23-hour outpatient basis. **It is the patient's responsibility to obtain a referral**, if required. Check with your HMO's membership benefits if you are unsure.

■ **MEDICATIONS:** Do not take any aspirin, aspirin products, or anti-inflammatory medication one week before surgery, this includes prescription and over-the-counter medications such as: Advil, Ibuprofen, Motrin, Naprosyn, Aleve, Celebrex, Daypro, Relafen, Voltaren, Lodine, and combination medicines like Vicoprofen. These medications may cause bleeding problems during surgery. Narcotic pain medications, muscle-relaxants, and Tylenol (acetaminophen) are okay to take before surgery. **Discontinue the use of diet pills and all herbal or “natural” supplements** such as ginkgo, ginseng, valerian root, St. John’s wort, melatonin, shark cartilage, chondroitin, glucosamine, and ephedra two weeks before surgery, or as soon as possible. **Do not take vitamin E** one week before surgery. Most multi-vitamins, vitamin A, B, C, D, and calcium may be continued.

■ **THE NIGHT BEFORE SURGERY:** Do not eat anything after midnight the night before your surgery. We understand that surgery is sometimes later in the afternoon and that this may be difficult for some patients, but if your surgery is moved to an earlier time slot on the schedule and you have anything in your stomach, you will not be able to receive anesthesia. Eating or drinking anything the day of surgery may cause your surgery to be canceled. **CLEAR FLUID ONLY** (water, black coffee or plain tea, carbonated beverages, grape or cranberry juice), if instructed by the hospital pre-op nurse, **is allowed** by Dr. Ghiselli six hours prior to your surgery time. Please check with the Surgical Coordinator if you are not sure. When in doubt, eat or drink **NOTHING!** Diabetics will receive special instructions from the pre-op nurse. Do not smoke or drink alcohol 24-hours prior to surgery. You will receive instructions from the pre-op nurse regarding which medications to take the morning of surgery. Generally, **most routine medications should be taken with a small sip of water on the morning of surgery.**

■ Do not schedule any dental work, especially cleaning, within two weeks of surgery.

■ If you develop a cold, fever, persistent cough, infection or become ill within 48 hours of your surgery, notify the office immediately at 303-783-1300.

Do not hesitate to contact the Surgical Coordinator if you have any questions at any time during the surgery scheduling process. She is available Monday-Wednesday, 9 am – 5 pm and Friday, 9 am – 4 pm. Please leave a detailed message on the voice mail and a number and time when you can be reached. If your call is regarding an urgent medical matter, contact the main office. We are available Monday - Thursday, 9 am - 5 pm and Friday, 9am – 4 pm to assist you.