

Dr. Andrew Feldman
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PRE-OPERATIVE / SURGICAL INSTRUCTIONS

****URGENT: IF YOU ARE TAKING MEDICATIONS FOR WEIGHT LOSS SUCH AS OZEMPIC OR MONJARO YOU MUST DISCONTINUE THIS MEDICATION – PLEASE ADVISE ASAP TO DISCUSS****

****It is YOUR responsibility to provide our office with accurate medical history. The hospital will review your medical history and if they see something of concern, they will require medical clearance. Please make sure you inform the office of anything that may be a concern prior to your surgical date since there could be a possibility your surgery will be cancelled by the hospital without this information.**

****PHARMACY INFORMATION IS VERY IMPORTANT FOR OUR OFFICE TO SEND POST SURGICAL MEDICATIONS. PLEASE MAKE SURE YOU SUBMIT YOUR PHARMACY INFORMATION IF YOU LEFT IT OFF YOUR INITIAL OFFICE PAPERWORK.**

**SURGICAL COORDINATOR: Stella @ # 212-604-1345 Fax# 212-604-1338
email: stella.upofeldman@gmail.com**

HEALTH SURVEY: This document **MUST** be completed prior to obtaining a surgical date. Please complete and return it via email or fax it to your surgical coordinator.

LOCATION:

NYU LANGONE MEDICAL CENTER

339 E. 38TH STREET (1ST AVE)
NEW YORK, NY
212-263-1515

****SURGICAL TIMES WILL NOT BE KNOWN UNTIL THE DAY PRIOR. READ BELOW****

TIME OF SURGERY: A nurse from the above facility will contact you the day prior to your procedure between the hours of 3pm and 7 pm with your arrival and surgical time. A surgical time will **NOT** be available prior to the day before. PLEASE do not contact the office for your surgical time. Please make travel arrangements for the day not for a specific time window!!!

TRANSPORTATION:

- NYU does **NOT** provide transportation. You will need to find a ride to and from NYU facility.

ESCORT: NYU **DOES** require you to have an escort to take you home after surgery. Someone over the age of 18 must accompany you. Your escort does not have to stay and wait for you. They can come after the procedure to escort you from the hospital. You will give your escort phone # to the Nurse in the Recover Room and she will call your escort when you are ready for discharge.

MEDICAL CLEARANCES: A medical clearance is required from your PCP or specialist if you have a past medical history or are over the age of 70. Past medical history consists of: Diabetes, High blood pressure, cardiac, pulmonary, neurological, blood disorder, etc.

You will be required to obtain medical clearance from each doctor to be treated for surgery. Your surgical coordinator will provide you with medical clearance forms which need to be given to your doctors at the time of your medical clearance appointments.

You **MUST** make sure to provide your doctors/specialist's name and contact information to your coordinator so follow-up and clearance receipt can be obtained.

****URGENT - ALL MEDICAL CLEARANCE NEED TO BE RECEIVED NO LATER THAN 1 WEEK PRIOR TO YOUR SURGICAL DATE. PLEASE MAKE SURE TO SCHEDULE YOUR MEDICAL CLEARANCE APPOINTMENTS APPROPRIATELY.****

IMPORTANT PRE-SURGICAL REQUIREMENTS:

- Please DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (12 AM) THE NIGHT BEFORE YOUR SURGERY; NOT EVEN WATER unless you are instructed by the facility Nurse or your primary care doctor or specialist.
- If you are required or instructed to take medication the day of your procedure you are to take these medications SIP OF WATER (JUST ENOUGH TO GET IT DOWN)
- The morning of your procedure (unless instructed) YOU MUST ARRIVE TO THE FACILITY ON AN EMPTY STOMACH. DO NOT EAT OR DRINK ANYTHING! THIS INCLUDES GUM, MINTS, OR ICE!
- Medications containing ASPRIN MUST BE STOPPED AT LEAST 5 DAYS PRIOR TO SURGERY! If you are taking any BLOOD THINNERS, i.e.: Coumadin, Warfarin, Plavix, or Baby Aspirin, PLEASE CONTACT YOUR MEDICAL DOCTOR PRIOR TO DISCONTINUING.
*****PLEASE MAKE SURE YOU TO ADVISE YOUR SURGICAL COORDINATOR AND INCLUDE THIS MEDICATION ON YOUR HEALTH SURVEY AS WELL*****
- Anti-inflammatory medications contain ASPIRIN, i.e. Voltaren, Motrin, Advil, Aleve, Ibuprofen, Naproxen, Naprosyn, Celebrex. THESE MEDICATIONS MUST BE DISCONTINUED 7 DAYS PRIOR to your surgery. You can substitute these medications with extra strength Tylenol if needed.
- STOP taking Herbal Supplements, fish oil, Vitamin E, St. John's Wort & Ginkgo Biloba 7 days prior to your surgery.
- PLEASE INFORM THE OFFICE IF YOU ARE ALLERGIC TO ANY MEDICATIONS, LATEX OR FOOD
- **URGENT: IF YOU ARE TAKING MEDICATIONS SUCH AS OZEMPIC OR MONJARO YOU MUST DISCONTINUE THIS MEDICATION – PLEASE ADVISE ASAP TO DISCUSS****

MY CHART – ONLY FOR NYU SURGERIES: Going forward, surgical patients are required to utilize NYU "My Chart" for secure messaging, prescriptions, RX refills, appointment verifications, general messages, and to view and/or pay bills. Please go to the following webpage to download: **mychart.nyulangone.org** **If you need help recovering a password or have other technical issues, please contact the MyChart help desk at 866-262-6458

COLD THERAPY UNIT (ICE MACHINE): This unit decreases swelling and pain. This machine is recommended by Dr. Feldman to be used as a post-surgery.

- PLEASE contact Mo, Monday thru Thursday between 9 am and 4:30 pm and Friday's between 9 am and 2 pm @ 212-604-1340 or 718-710-0423 to rent or purchase this unit. ****DO NOT CALL BETWEEN 1-2 PM**
- The unit can be picked up at Dr. Feldman's office: 740 Broadway, 6th floor, Suite 604
- **IMPORTANT:** The day of your surgery you are to bring the "sleeve" portion of this unit with you to the hospital
- SEE ATTACHED DOCUMENT FOR MORE DETAILED INFORMATION REGARDING COLD THERAPY UNITS

****If you were given or instructed to bring a cane or crutches with you on the day of your procedure, PLEASE BRING THEM.** If you forget, you can purchase them at the hospital. Cane: \$25 Crutches: \$50 ****Slings will be supplied at the hospital by the hospital.**

****Bring your photo ID and insurance information (card, WC details/NF details) with you to the facility on the day of your surgery.**

****Disability forms:** If you need disability forms completed you MUST submit them to the office as early as possible. Due to the high volume of disability forms it can take between 1-2 weeks for them to be completed. **There is a \$10.00 fee for disability completion. WE DO NOT COMPLETE DISABILITY FORMS THE DAY THEY ARE RECEIVED!!!!**

****Traveling by plane is NOT ADVISED by Dr. Feldman post-surgery due to the risk of Deep Vein Thrombosis (Blood Clots) if you are having lower extremity surgery. Please make sure to schedule travel appropriately when scheduling your surgical procedures.**

NYU FINANCE DEPARTMENT: For any insurance/billing questions please contact:

HJD (17th St) @ 718-630-7206 NYU (38th St) @ 646-381-9425

Patients are required to pay insurance deductibles and co-payment amounts in advance of their surgical procedures.

****Your surgical coordinator will call to obtain prior authorization for your procedure. If there are any issues/questions your coordinator will contact, you to discuss.**

POST OPERATIVE APPOINTMENTS: You will be contacted after your surgery to schedule a post-operative appointment with Dr. Feldman. During this appointment Dr. Feldman will remove any stitches, suture, make sure the wound is healing properly, discuss (if required) a return-to-work date and refer you to physical therapy.

POST OPERATIVE INSTRUCTIONS: You will be given discharge forms at times of discharge with post operative instructions.

CANCELLING/MOVING SURGICAL DATES: Cancelling or moving surgical dates is frowned upon due to complications with hospital schedules. If you are NOT sure you want to proceed with surgery, PLEASE do not book a date until you are confident. In addition, if you need to move or cancel your surgical date, PLEASE try to give our office at least 2 weeks' notice so there is time for us to adjust the hospital schedule. We understand situations do occur; however, your understanding and consideration is greatly appreciated in notifying us ASAP. Thank you.

PLEASE READ THE ABOVE PRE-SURGICAL INFORMATION THOROUGHLY. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT STELLA @ # 212-604-1345 OR EMAIL: stella.upofeldman@gmail.com