

Before Your Surgery

At Virginia Spine & Sports Orthopaedics, we want to make sure you have a positive experience before, during and after your surgery. In order to optimize the safety and outcome of your surgical procedure it is important that you understand and carefully follow these preoperative instructions:

- Your surgery can be scheduled once you and your doctor have discussed and confirmed the need for surgery.
- You will meet with the surgical coordinator to choose a date for surgery. While we will make every attempt to schedule your surgery on the date you have requested, please understand that this may not always be possible. At this time, you will be given a script for pre-operative testing (as needed) based on your current medical history. Typical Pre-operative testing will include but may not be limited to EKG, Physical and labs. Most PCP offer this type of preoperative testing in their office.
- The time of your surgery is determined by the length and complexity of the procedure, age and medical considerations, and availability of necessary equipment.
- Our office will contact your insurance carrier to obtain pre-authorization for the surgery.
- One week before surgery confirm with our office that preoperative medical clearance and test results have been received from your medical doctor, otherwise, it may be necessary to cancel your surgery.
- You should have nothing to eat or drink after midnight the night before surgery, unless instructed otherwise. This is very important for all patients, regardless of the time of your surgery. This includes gum, lifesavers, candy and mints. You may brush your teeth without drinking any water.
- If you are taking any medication or supplements, notify your surgeon and anesthesiologist and consult with your primary care or family physician prior to surgery regarding your medication. It is particularly important for Diabetic patients to contact their primary care doctor or endocrinologist to discuss appropriate alterations to oral medications and/or Insulin as you will have nothing to eat or drink after midnight the day of surgery.
- Do not take any Aspirin products such as Aleve, Motrin, Ibuprofen, Advil, Aspirin, Voltaren, or herbal supplements and/or dietary supplements for at least one week prior to surgery. These medications and supplements can lead to increased bleeding or an increased risk for anesthesia and it may be necessary to cancel your surgery. If you have any questions regarding this or any other medication you are currently taking on a regular basis, consult with your primary care or family physician prior to surgery.
- Please do not sunbathe at least one week prior to surgery due to the risk of sunburn.
- If you will be using a Cold Therapy Unit after surgery be sure to bring the unit and the pad when you arrive to check-in for surgery so that it can be taken directly to

the operating room with you. After surgery, you may use the unit as much as needed. Please contact the vendor if you have any problems with your unit.

- Do not bring valuables to the surgery center or hospital. If you wear glasses, contact lenses, dentures or a hearing aid, bring along a case to put them in during surgery.
- Make sure you confirm the time that you need to arrive at the hospital or surgery center on the day of your surgery. It is usually 60 minutes before surgery at the Inova Loudoun Ambulatory Surgery Center, and 1.5 hours before surgery at Inova Loudoun Hospital.
- Please make arrangements for someone to be present to take you home after surgery.
- You may have a deductible and/or copay for the facility fee determined by and payable to the hospital or surgery center. This may be due in advance or at the time of surgery. These fees are separate from the surgeon's fees. There may also be a separate anesthesia fee. Please contact your insurance carrier to ensure that you understand the terms and conditions of your policy and that the facility and providers are within your network.