



General Preop Information for ALL Patients

1. To schedule your surgery:

- **Someone will contact you** within 3 to 5 days to schedule your surgery if it is not done at the time of your office visit. If you do not hear from Michelle within 5 days, please call so that you may schedule your surgery. Our office will obtain authorization from your insurance company. **You can reach Michelle at 480-264-6050 or by email at surgery@azisks.com.**

If you have any other additional questions regarding any of the surgical /clinical information discussed, please call Dr. Bailie's Clinical Nurse Samantha at 480-264-6968 or email at Samantha@azisks.com.

Pre-op Instructions: Please read this and **all pre-operative information** given to you. It contains important information regarding your surgery, anesthesia and medications. Feel free to ask any questions. If you forget something, write it down so you will remember to ask me on the day of your surgery. If you need an immediate answer, call or email Dr. Bailie's Medical Assistant as noted above.

- **Pre-op Physical:** Please the PREOPERATIVE CLEARANCE instructions
- **BLOOD CLOTS**
 - IF you have any history of blood clots, please let me know in advance, as you may be required to take a blood thinner for several days after surgery. This medicine needs to be special ordered.
 - If you have any of the following risk factors for blood clots AND are having surgery on your lower limb (thigh, knee, leg, ankle), you WILL need to take ONE regular aspirin daily for 4 weeks after surgery: PLEASE let us know if you can not tolerate aspirin.
 - Age over 40 (female), 50 (male)
 - Birth control pills (any age female)
 - Smoker or tobacco user on a regular basis
 - Previous major surgery on the same limb
 - Relatively inactive lifestyle
 - Significantly overweight
 - Family member with history of blood clots
- ***Signs of possible DVT (deep vein thrombosis) or PE (pulmonary embolism)***
 - Severe calf pain
 - Excessive swelling of any extremity

- Shortness of breath
- Newly dilated veins (unusual for you)
- Skin tightness or extreme pain to the touch

CALL US IMMEDIATELY at 480-264-6995 OR GO TO AN EMERGENCY ROOM/URGENT CARE IF ANY OF THE ABOVE SYMPTOMS DEVELOP.

- **Ancillary Equipment (DME):** If you already have a brace, crutches, cold therapy unit or other device, bring it with you to surgery so that we may avoid having you buy a new one. **Not all insurance companies pay for the necessary devices.** We obtain pre-authorization prior to the surgery. If your insurance does not pay, you have the option of a cash price. None of these items will make a difference in the long-term outcome but do significantly help with your recovery.
- **Post-op Instructions:** Please read these *prior* to your surgery so that you are familiar with everything that will happen after surgery. You will remember and understand more if you come to surgery informed.
- **DAY OF SURGERY**
 - **Please look at the information included in this packet about anesthesia guidelines on eating and drinking prior to surgery. Please follow these guidelines STRICTLY or your surgery may be rescheduled.**
 - Arrive at the surgical center as instructed by the facility staff. Typically this is 2 hours before your scheduled surgery time. They will usually call you one or two days prior. **It is important that you are available by phone the day of your surgery. Unpredictable changes occur in the surgery schedule and you may be contacted by the hospital staff to arrive earlier than originally instructed.** If we are unable to contact you, we may need to reschedule your surgery.
 - You will complete some paperwork upon arriving at the surgical center, change into a gown, possibly have lab tests, and an IV will be started.
 - The anesthesiologist will then speak with you. **ASK QUESTIONS IF YOU HAVE THEM.**
 - I will then speak with you and answer any and all questions you may have. We will not start surgery until I have personally spoken with you. There may be other people who ask questions as well.
 - Once in the surgical suite, monitors will be placed and we will prepare for the surgery.
 - After surgery, you will be taken to the recovery room and monitored. You will be discharged when you meet certain criteria set by the facility and anesthesiologist, which indicate that it is safe for you to leave with a responsible adult.
 - If you are to stay overnight, you will be transferred to your room.
 - I will speak with your family/friends while you are in recovery and try to speak with you also prior to your leaving (often, you will not remember seeing me after surgery as the medicines may cause amnesia). **Please arrange to have family and friends stay at the facility during surgery.**
 - You will be given post-operative instructions (often the same ones we give in the office) and prescriptions for medication. The hospital may also give you

instructions but if there is a discrepancy, please ALWAYS follow OUR instructions over hospital/facility instructions.

- Once home, please rest and do not try to do too much. Read the post-operative instruction sheet carefully. Call or email (my email is dsb@azisks.com) if you have any questions.
- **DO NOT forget to make a follow-up appointment. Typically this will be done at the time of scheduling your surgery, however if, for some reason, it was not scheduled at that time, call Michelle at 623.521.1116 or email us at surgery@azisks.com**

INFORMATION ABOUT YOUR ANESTHESIA

On the day of your planned surgery, you will be met by a doctor specialized in anesthesiology who will be part of Dr. Bailie's surgical team. The anesthesiologist is responsible for managing your safety and comfort throughout the procedure. You will have an opportunity to discuss the best type of anesthetic for you, taking into account your particular overall health status and any personal preferences. This is an excellent time to relate any special concerns or fears you may have, and to tell about any previous experiences with surgery and anesthesia. Like any team approach, Dr. Bailie feels that the entire surgical experience goes more smoothly when the doctors work together frequently and become familiar with each other's routine.

GENERAL ANESTHESIA: This is the anesthetic that most people know about and often expect. You are completely "asleep" and not aware of anything happening in the operating room. This is deeper than normal sleep, however, and you are given fairly strong medications to cause you to lose consciousness. The anesthesiologist stays with you continuously to keep you comfortable and make sure your blood pressure, heart rate, and breathing remain constant. Breathing can get very shallow under this anesthetic and it may be necessary to supplement with a breathing tube placed in your windpipe when asleep to temporarily assist you using a breathing machine. You will awaken in the recovery room within a few minutes after the operation ends, no longer needing breathing assistance. Many people take a little while to recall where they are and they just completed surgery. There is a chance for a "fuzzy head", discomfort where the surgery occurred, and possibly some nausea afterward. You will be awake, able to get dressed, and as comfortable as can be expected prior to being sent home. You should not drive a car, operate dangerous equipment, make major decisions, or sign important papers for 24 hours after the surgery. After this time, there should be no significant after-effects from any of the medications you had been given. Anesthesia contact information is available on my website at www.AZISKS.com/surgery

REGIONAL BLOCK. This is an adjunct to the general anesthesia that is often available to patients having a shoulder or knee procedure. **This is completely optional and not required for your surgery to be performed successfully.** The decision for this must be made between you and the anesthesiologist, as Dr. Bailie is not involved with this procedure in any way. The block typically allows the anesthesiologist to use less anesthetic gases during your surgery. The block is performed in the pre-operative area while the patient is awake and under light sedation by the anesthesiologist and NOT DR BAILIE. This procedure does have some risks so please make sure you are comfortable with it, prior to proceeding. Please watch the video via the link located on Dr. Bailie's website, at

AZISKS.com/surgery. Click on SURGERY PERSONNEL and the video is linked under Metro Anesthesia. The block will usually last approximately 15-24 hours. During this time your pain will be significantly decreased. It is important to understand that your sensation and ability to move or control the extremity will also be affected until the block wears off. The block will be further discussed at the time of your procedure by anesthesia and additional questions or concerns can be addressed at that time. In our experience, more than 90% of our shoulder patients have the block.

*****IF YOU HAVE ANY CONCERNS OR QUESTIONS OR SOMETHING JUST DOES NOT SEEM "RIGHT", PLEASE CONTACT US IMMEDIATELY AT 480.264.6995 TO GET IN TOUCH WITH DR. BAILIE'S STAFF!!**

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