

## Pre-Surgical Clearance

Patient Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Consent For: \_\_\_\_\_

If you have history of hypertension, diabetes, smoker, obesity, high cholesterol, stroke, or cancer - you should have your clearance done by a cardiologist. If you have no significant medical history, surgical clearance by your PCP may be sufficient.

### Surgical clearance includes:

1) clearance letter

2) chest x-ray report

3) copy of EKG

4) labs

- CBC WITH DIFF
- BMP
- PT
- PTT
- INR
- URINALYSIS W/ REFLEX CULTURE IF INDICATED
- PREGNANCY TEST

**Please show this to your PCP/cardiologist. Blood tests**



### Office Information:

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# Pre-Surgical Instructions



**Mahmood Moradi, MD**  
*Neurological Surgeon*

**FABNS**

## To Dr. Moradi's surgical candidates:

You must pass surgical clearance before proceeding with surgery. **You must carry your own copy of these records, as well as have your doctor's office fax it to us in time for your pre-op appointment.**

- **NO ANTI-INFLAMMATORIES/NSAIDs FOR 14 DAYS PRIOR TO THE SURGERY.** This includes ASPIRIN, IBUPROFEN, ADVIL, ALEVE, TYLENOL FOR ARTHRITIS (contains Aleve), some migraine medications, TORADOL (ketorolac), CELEBREX (celecoxib), MOBIC (meloxicam), NAPROXEN, NAPROSYN, MOTRIN, DUEXIS, DICLOFENAC (cataflam/voltaren), KETOPROFEN, INDOMETHACIN etc. No medications containing aspirin. Tylenol Extra Strength, Tramadol, and Norco/Vicodin are OK during these 2 weeks.
- **NO BLOOD THINNERS for 2 weeks prior to surgery (PLAVIX, COUMADIN, XARELTO, ELIQUIS, PRADAXA, etc.)** -- these medications should be stopped with the approval of your cardiologist or primary care physician.
- Please stop all your **vitamins/minerals and supplements** for 2 weeks prior to surgery.
- Please be considerate of the fact that surgical emergencies may arise for Dr. Moradi. It is possible for your surgery to be delayed for a few days.

## Frequently Asked Questions

- ❖ **How do I know if the surgery is covered by my insurance, or what my out-of-pocket cost will be?**  
You can call your insurance and provide them the name of the recommended surgery- they will explain your costs/benefits. Once you've picked a surgery date, our office will begin the process to obtain authorization for your surgery and any hospital stay if applicable.
- ❖ **What if I am in so much pain, I cannot wait until my surgery date?**  
You should go to the ER for pain control, if needed. We do not manage pre-operative pain. Please notify the office if planning to do so.
- ❖ **What if I am being treated by a pain management physician?**  
Typically, you are under contract to not receive pain medication from other doctors. Your pain management doctor should continue to manage your pain pre- and post-operatively.
- ❖ **When do I stop my blood thinners?**  
Your cardiologist should tell you when to stop blood thinners. If possible, we request that you wait until after your first post-op appointment to resume blood thinners.
- ❖ **When can I return to work?**  
If your employer accepts you to return WITH our post-op restrictions, you may return to work after 10 days- 14 days.
- ❖ **Can I have dental work, or visit my hair dresser after surgery?**  
We do not recommend either of these services until after you are released from our postoperative care (10 weeks).
- ❖ **What if another doctor says I need to have surgery during my post-operative window (10 weeks)?**  
Please notify the office immediately, as this can affect your recovery and care. Any elective procedures must wait until after your post-operative period.

## What's the next step?

- Please notify us once you have scheduled your surgical clearance, so we can place you on the surgery schedule and start the process of obtaining insurance authorization. Please be mindful of changing your surgery date once this process has begun.
- Once you pick your surgery date with our office, you will also be given a pre-surgical appointment. **Please bring a copy of your clearance letter, labs, EKG, chest x-ray, and MRI disc with you to this appointment.**
- Plan to do the blood work for surgical clearance within 30 days of your planned surgery date.
- Please **bring a family member over the age of 21** (or anyone interested in your medical care) with you to your pre-surgical appointment.
- Please don't hesitate to call our office with any questions throughout this process!

