



**PRE-OPERATIVE INSTRUCTIONS FOR
OUTPATIENT SHOULDER AND KNEE SURGERY**

Night Before Surgery: Eat lightly and drink sufficient fluids to minimize dehydration the following day.

Day Of Surgery: Do **NOT** eat or drink anything (including water) for eight hours before surgery. Take any required medications with a small sip of water if you have your doctor's permission. Shower the morning of surgery, but do not use deodorants or powders. Do not wear facial make-up to surgery and leave all jewelry and contact lenses at home.

Clothing: Wear loose-fitting clothes that button or zip up the front and comfortable low-heeled shoes.

Pain medication: A prescription for pain medication will be given to you at your pre-operative visit. Please have it filled prior to your surgery as you will not feel like stopping to do so on your way home from your surgical procedure. During your post-operative recovery, please keep track of how much pain medication you have remaining to ensure that you have sufficient medication for any upcoming weekends or holidays (prescriptions are only refilled during regular office hours).

Post-operative care: Please arrange for someone to take you home after surgery and stay with you for the first 24 hours after surgery. This is a requirement for having outpatient surgery. If you are unable to make such arrangements, we will be required to postpone your surgery until other arrangements can be made.

Surgery charges: You (or your insurance company) will receive bills from the following: your surgeon (for performing the procedure), an assistant surgeon if one is required (to assist your surgeon perform the procedure), the surgical facility (for the use of the operating room, nursing care, medications, equipment and supplies), an anesthesiologist (for administering the anesthesia), a laboratory facility (for preoperative lab testing and possibly an EKG), and a pathology lab (if a tissue specimen was removed).

Please remember that the financial responsibility for the services provided rest with you, regardless of any insurance coverage. Your insurance policy is a contract between you and your insurance company. Billing your insurance is a courtesy we offer if you provide us with all necessary information to accomplish this. It is your responsibility to ensure that they pay on time. Once a month you will receive an itemized statement of your account balance for your records. You are expected to pay any co-payments and/or deductibles required at the time services are rendered. If you anticipate difficulties with these financial arrangements, we encourage you to discuss this with the office manager pre-operatively in order to make alternative payment arrangements.

Post-operative charges: Included in your surgical fees are medical visits for post-operative care during the first 90 days after surgery (except for removal of hardware which is 30 days). During this time there will be no charge for office visits, however there will be charges for any necessary supplies or X-rays provided during this period.

Dr. Fischer wants you to know that he has a financial interest in Main Street Specialty Surgery Center. While he believes this to be the best facility for your procedure, the choice of where to obtain these services is yours to make. We will provide you with information about other facilities in this community if you desire.