

NY ORTHOPEDICS

130 East 77th Street

New York, NY 10075

Tel: 212-737-3301 Ext: * Fax:

Below is some helpful information about the upcoming surgery with Dr. Lee:

Surgery Date:

Location: **SurgiCare of Manhattan**
800 Second Avenue, 7th floor; New York, NY 10017

Medical Reports: Please visit your primary physician for your pre-operative medical clearance.
Your physician should fax the following to Esther Sanchez at 212-734-0407

REPORTS **BEFORE**
The completed Pre-operative Medical Evaluation Forms
including the results of your Bloodwork & EKG

Consent: Your consent will be signed by you on the day of your procedure.

Pre-Surgery Diet: **Do Not Eat or Drink Anything After Midnight, the Night Before Surgery:**
The night before surgery, you should take your last solid food by 9:00 p.m.
You may have clear fluids from 9:00 p.m. to 12:00 midnight.
On the morning of surgery, nothing should be taken, not even water.
(IF YOU HAVE BEEN INSTRUCTED TO TAKE A MEDICATION,
PLEASE TAKE IT WITH A SMALL SIP OF WATER ONLY)

Post-Op
Appointments: Dr. Lee would like to see you 7-10 days post-operatively. Please call our office ASAP to schedule a post-operative appointment.

Accompaniment: New York State law requires that patients undergoing Outpatient surgery must be accompanied by someone to escort them home from the hospital.

SurgiCare of Manhattan will contact you the day before surgery to discuss the details of your arrival time, pre-surgery diet requirements, etc.

Please do not hesitate to call me at if you have any questions.
We will do our very best to make this a pleasant and most successful experience.

Sincerely yours,

Esther Sanchez esanchez@newyorkorthopedics.com
Surgical Coordinator

SurgiCare of Manhattan

800 2nd Ave; 7th floor (between 42nd & 43rd)

New York, NY 10017

Phone: 212-867-0609

- **You should be contacted by the Center 1-2 days prior to surgery regarding pre-operative instructions.**
- **Please bring photo ID.**
- **There is plenty of parking in the area.**
 - **44th street parking lot (between 2nd and 3rd)**
 - **41st street parking lot (2nd Ave)**

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Pre-Operative Instruction Sheet

Aspirin and all products that contain aspirin must be stopped one (1) week before your surgery. If your primary care physician or internist has placed you on aspirin or medications containing aspirin for any reason, please alert them that you will be discontinuing Aspirin.

Anti-Inflammatory medications, for example, Advil, Aleve, Ibuprofen, etc... must be stopped 4 (four) days before your surgery. If you are unsure about what you are taking, please consult our office and speak with your Doctor or a Physician's assistant.

Dietary Supplements / Herbal Supplements must be stopped one (1) week before surgery. This would specifically include Vitamin E and Echinacea. These could potentially cause problems with bleeding. Please call our office if you have any questions.

Food must be discontinued at least eight (8) hours prior to surgery. Please DO NOT eat or drink ANYTHING, even water, after 12:00 am (midnight) the night before your surgery. Even if someone from the hospital calls and says it is OK to do so, please do not. If you need to take medication the morning of your surgery, you may take a sip of water only.

Alcohol and other mind-altering substances MUST be discontinued 24 hours prior to surgery.

Medications: If you take medication for Hypertension, cholesterol, Diabetes, asthma, etc., please consult with your Primary Care Physician regarding what you should take the morning of your surgery. This medication may be taken with a small sip of water only.

Braces, Crutches or any other equipment your Doctor has given you must be brought to the hospital on the day of your surgery.

Films (MRI's and / or X-Rays): Please bring all films that are in your possession to the hospital the day of your surgery. If your films are in our office, our office will transport them to the hospital.

Transportation: Please make arrangements to have a family member or friend escort you home from the hospital after your surgery. The hospital will not discharge you without an escort. You cannot drive yourself home after surgery.

Jewelry / Hair Accessories should be left at home on the day of your surgery (these include wedding rings and / or any body piercing. You can wear scrunges or an elastic hair tie as long as they do not have metal in them. No barrettes or bobby pins are allowed.