

Pre-Surgery Information

If you have decided to proceed with foot surgery. We understand that having surgery can be a confusing experience, so we have put together this packet of information to help you through the process of having foot surgery. PLEASE DO NOT MISPLACE THIS FOLDER—you will need the information in it. Most questions you have can be answered by referring to the information in this Surgery Folder. Before calling our office, please check this folder for answers to most common questions. This information is also on our website: www.nextstepfoot.com.

Dr. Silvester and our Medical Assistant staff have gone over:

- **Consent Forms**: They have explained what procedure(s) Dr. Silvester is planning to perform, and you have had all questions answered about the procedure(s), including risks, benefits, and alternative options. If desired, you may keep a copy of these forms.
- **Pre-Op Test Orders**: Most procedures require bloodwork, including a CMP (Complete Metabolic Panel) and CBC (Complete Blood Count). Sometimes an EKG (tests the electrical rhythms of your heart) will be required as well. ***Orders contain diagnosis codes needed by the lab and your insurance billing information, so you will need to take your paper orders with you in order to have the tests done.*** Do not lose these forms!
- **Post Op Instructions**: You have signed that you understand what to do (and what NOT to do!) after surgery. A copy is included in this folder.
- **Prescriptions**: A prescription will be electronically submitted or faxed to your pharmacy for any pain meds that Dr. Silvester wants you to have.
- You have noted a desired timeframe for your surgery and your preference for location. This will be subject to doctor and facility availability, and what your insurance plan covers.

Here's what will happen between now and your surgery date:

1. **Benefits Verification**: If you have insurance, our Surgery Coordinator will receive your consent forms, complete with CPT (Procedure) Codes that she will need to give your insurance company to verify your surgical benefits. We are not able to get insurance benefits until we have signed

consent forms, which give our staff the needed CPT codes on them. We will secure any authorizations required by your insurance. **This process takes time, and may take up to a week for Commercial insurance carriers.** *If you are a Veteran with coverage through the Veteran's Choice Program, please be advised that this process may take much longer. Contact your Patient Care Manager at the VA if you are concerned with the amount of time it is taking to get their authorization.*

2. **Benefits Phone Call:** Once benefits are determined, our Surgery Coordinator will contact you to go over:

- Insurance benefits – what your insurance will pay based on the CPT codes provided by Dr. Silvester
- An estimate of what your portion of charges will be
- Self-pay patients will be given the amount surgery will cost
- The location of your surgery

3. **Pre-Op Testing:** Once you know what location your surgery will take place at, you can work on getting your pre-op testing done. *Test results are only good for 30 days prior to your surgery date, and we need the results at least 2 days prior to surgery. You do not need to fast before having bloodwork done.*

Where to go for testing:

Olympia Surgery Center: We prefer that you have bloodwork done at a Quest Diagnostics Lab, but you may use the lab of your choice. Take your paper pre-op orders with you. Quest locations can be found at www.questdiagnostics.com. Quest Customer Service: 866-697-8378. EKG will be done at facility on or before surgery day.

South Texas Regional Medical Center: Bloodwork and EKG can be done at STRMC. No appointment is needed --you can walk in during business hours as long as you have your paper orders! You may also have your bloodwork done at the lab of your choice. Phone number: 830-769-3515.

Northeast Methodist: Call the Northeast Pre-Admission Testing Office at 210-757-5136 to schedule lab work and EKG, if ordered. Take the paper orders with you to this appointment.

4. **Pre-Admissions Call:** You will receive a pre-admissions phone call from the nursing staff of the facility where your surgery will be performed. ***Dr. Silvester's office has no control over when this call will take place, but please be assured that you will receive a phone call going over:***

when to stop eating and drinking, what to do about medications, where to go, what time to arrive, & discharge information.

In general, before your surgery you will need to:

- Stop any aspirin or Advil (Ibuprofen) 7 days before surgery.
- Stop smoking as soon as you schedule surgery and do not resume until well after surgery, if at all.
- If you will use a knee walker or crutches after your surgery, practice using them well in advance of your surgery
- Pick up pain medications before your surgery date
- Take your regular medications on surgery day as instructed by the facility nursing staff on your pre-admissions call
- Wear comfortable clothes, including loose pants, shorts or a skirt/dress that will fit over bulky casts or a cam walker
- Have a person over 18 drive you to and from your surgery
- Show up 2 hours prior to surgery time for Northeast Methodist, 1 hour prior to surgery time for the other facilities.
- Bring photo id and insurance cards on date of surgery
- Do not bring valuables to facility on surgery day

5. Billing: For any surgery in any facility, you will have three billers: the Physician performing the surgery, the Facility you are going to, and the Anesthesiologist. We can only quote fees for Dr. Silvester. For questions about facility or anesthesia billing, contact the facility.

Surgical procedure codes include a certain number of days in which normal follow-up care is included in the physician's surgical fee. This is called the Global Period, and most insurance carriers follow the number of days set by CMS (Center for Medicare Services). Global period may be 0, 30 or 90 days. X-rays and any care required for complications that arise are not included in the Global fee.

Northeast Methodist Hospital: 210-757-7000

Olympia Surgery Center: 210-257-8039

South Texas Regional Medical Center: 830-769-3515

6. Forms: If you will be filing Disability or FMLA forms with your employer, please fill out the employee sections and sign them before giving them to us so we can submit them directly on your behalf. We can provide temporary Handicap Parking Application as well. Please get forms to us as soon as you have a surgery date to give us plenty of time to complete them!

Record the time and location of your surgery here:

Surgery Date _____

Facility Name _____

Facility Address _____

Facility Phone _____ Facility Fax _____

Arrival Time _____ Surgery Time _____

Have you:

Received Post Op Boot, crutches, or prescription for knee walker?

Practiced with Knee Walker or crutches, if you will use them?

Scheduled post op appointment?

Filled prescriptions?

Done lab work?

Arranged for a ride?

Read Post Op Instructions?

If you need to reschedule or cancel your surgery, please call our office immediately! Pleasanton: 830-569-3338 Universal City: 210-375-3318

**You're all set! We wish you a comfortable and
very successful surgery!**