

The following instructions will help you with the scheduling process **AFTER** you have scheduled a surgical date and time with *Dr. Pateder's surgical coordinator* (703 483 4679).

1. The Reston Hospital or Fair Oaks Hospital preoperative nurse will be contacting you approximately a week before surgery. If you have not heard from them by this time, please call Dr. Pateder's Surgical Coordinator (703 483 4679).
2. If you do not have any major medical problems, Dr. Pateder will NOT need a pre-operative clearance before surgery. In this case, routine pre-operative tests (blood work, EKG, etc.) will be performed by Reston Hospital when you come in for your pre-operative clearance.
3. Fair Oaks Hospital will sometimes be unable to do your preoperative blood work in a timely manner. They will let you know if this is the case. In this scenario, please contact Dr. Pateder's surgical coordinator and she will direct you.
4. If a pre-operative clearance is requested by Dr. Pateder, your primary care provider may do all the necessary blood work in his or her office. If not, Reston Hospital can perform the blood work and EKG when you come in for your preoperative visit. Please schedule your preoperative visit at least 3-4 weeks before surgery is possible (this allows time for any possible tests to be done in a timely manner).
5. Please be aware that while the preoperative nurses are extremely skilled in their field, they are **NOT** spine experts and have no detailed knowledge about your specific condition or the type of surgery you are having. If you have specific questions about your condition and/or surgery, please direct them to Dr. Pateder or his staff.
6. General Post-Operative Followup Appointment Schedule:
 - a. 2 weeks after surgery with April Cournoyer, PAC
 - b. 3 months after surgery with Dr. Pateder
 - c. 6 months after surgery with Dr. Pateder or April Cournoyer, PAC (if necessary)
 - d. 12 months after surgery with Dr. Pateder or April Cournoyer, PAC (if necessary)

INSTRUCTIONS FOR THE DAY BEFORE SURGERY

- 1. Do NOT eat or drink 8 hours before your reporting time (you may have a couple of sips of water to take necessary medications up to two hours before surgery)*
- 2. Please be at the hospital at least 2 hours BEFORE your surgery time. On rare occasions, it may be necessary to move your surgery time due to unforeseen circumstances (emergencies, cancellations of other surgeries, etc); in this case, you will receive a call from the hospital and/or my office to check your ability and willingness to move. If there is ANY confusion, please feel free to call my Practice Coordinator (703 483 4679- during business hours) or our main office (703 435 6604- if it is after business hours)*
- 3. Do NOT smoke, drink alcohol or chew tobacco for 24 hours before surgery*
- 4. Please discontinue the use of ibuprofen (Advil, Motrin), naprosyn (Alleve) or any other anti-inflammatory medications 5 days before surgery. If you are on a "baby aspirin" for cardiac reasons, you MAY CONTINUE to use it*
- 5. Please set up your ride to the hospital as you will NOT be able to drive yourself home...no matter how minor your surgery.*

INSTRUCTIONS FOR THE DAY OF SURGERY

- 1. Please bring all imaging studies (MRI; X-rays, CT scan) of the spine with you if you have not given it to our office before your surgery date*
- 2. Please have all your insurance cards and forms*
- 3. Please bring containers for dentures, contact lenses, glasses and other aids*
- 4. Do NOT wear make-up or nail polish*
- 5. Please leave all valuables at home*