

# NY ORTHOPEDICS

130 East 77th Street

New York, NY 10075

Tel: 212-737-3301 Ext: \* Fax: 914-725-6972

Dear

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

**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 Jasmin Laboy at 914-725-6972

**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. Bedford 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 914-725-1713 if you have any questions.  
We will do our very best to make this a pleasant and most successful experience.

Sincerely yours,

Jasmin Laboy  
Surgical Coordinator

# NY ORTHOPEDICS

130 East 77th Street

New York, NY 10075

Tel: 212-737-3301 \* Fax: 212-734-0407

## 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.