

Surgeon:	
Surgical Procedure/CPT code:	
Surgery Date:	
Surgery Time: (subject to change)	
Arrival Time: (subject to change)	
Estimated Length of Surgery:	
Estimated Length of Stay:	
Anesthesia Type:	
Facility:	California Pacific Medical Center – Mission Bernal Campus 3555 Cesar Chavez Street San Francisco, CA 94110 Phone: (415)600-6000 Pre-Admission: (415)600-2500, option 1

Thank you for choosing California Pacific Orthopaedics for your procedural needs. We look forward to providing you with high quality care and service. Please see the below requirements which need to be completed prior to your date of service.

1 - Pre-Register

You are required to pre-register at California Pacific Medical Center (CPMC) **2 weeks prior to your surgery date**. Please, contact **Pre-Admission Testing at (415) 600-2500**, option 1, Monday-Friday from 8:00 AM – 5:00 to speak with a Pre-Admission Testing nurse and provide your health history. Please assure you have the below information prior to calling.

- Current medication list
- Durable power of attorney for healthcare
- Insurance card or coverage information

2 - History & Physical / Labs

- All hospital admissions and total joint procedures (knee, hip, and shoulder regardless of outpatient status) **MUST** have a pre-operative history and physical 3 weeks prior to your procedure. History and physicals **greater than 30 days prior are not valid and are not accepted by the hospital; without exception.**
 - Please ask your primary care doctor to fax the document to CPMC at **(415) 600-2020** and our office at **(415) 592-0002**. Your physician may also dictate the notes into the hospital system at **(877) 469-7013**.
- Labs - Laboratory workup (chemistry panel, urinalysis, complete blood count) and EKG are required prior to surgery and should be done within 30 days prior to your procedure. These diagnostic tests can either be completed by your primary care physician or can be done at the hospital.
 - Type and cross / type and screen (if ordered) will need to be done day of surgery.
- For outpatient procedures **and** the patient is 55 years of age or older, the hospital may require a history and physical if you have history of the following: hypertension, heart condition (pacemaker, defibrillator), sleep apnea, asthma, or diabetes.
- For outpatients under the age of 55, with no stated medical issues, you may not need a history and physical or labs. The Pre-Admission Testing department will determine during your interview.

3 - Anti-inflammatory medications, anti-coagulants, and nutritional supplements

- All anti-inflammatory medications must be discontinued seven (7) days prior to your procedure. This includes aspirin, ibuprofen, Motrin, Advil, Naprosyn and Voltaren.
 - Only medications such as, Celebrex or Tylenol can be taken up until the date of your procedure.
- The following nutritional supplements are blood thinning and should be discontinued (7) days prior to your surgery: vitamin E, ginkgo biloba, fish oil, and garlic supplements.
- Please notify us immediately if you are taking anti-coagulant medication such as Coumadin/ Warfarin, Plavix, Xarelto, Pradaxa and Eliquis. All anticoagulant medications will need to be discontinued, please check with the prescribing physician as to when you need to stop the medication.

Prior to your procedure: YOU MUST NOT EAT ANYTHING 8 HRS PRIOR TO SURGERY. This includes mints, candy, and gum. **NO WATER 4 HRS PRIOR TO SURGERY.** If you are smoker, please do not smoke 1 month prior to surgery. Failure to comply may result in your surgery being delayed or cancelled.

Exception for total hip and total knee patients – Please see your packet (to be mailed by CPMC) regarding a required carbohydrate drink.

Ride home - Please make arrangements for a family member or friend to take you home when you are discharged. Hospital policy will not allow you to leave alone, by taxi, rideshare, or by bus.

At home - Keep your dressing dry and intact until your follow-up appointment unless instructed otherwise. If you are experiencing redness, swelling, numbness, fever, or increased pain, call our office immediately at (415) 688-8010. We have provider's on-call after hours for urgent / emergent issues that cannot wait until the following business day.

Total knee and hip patients – Our surgeons at California Pacific Orthopaedics, and CPMC, partner with the American Joint Replacement Registry whose primary goal is to enhance patient safety, reducing cost, and improving quality of care. When speaking with the Pre-Admission Testing nurses, they will ask you questions regarding your functional status before your surgery. You will then receive a call at three and six months post-surgery to follow up and see how you are feeling.

Additional information...

Surgery Cancellation Policy

California Pacific Orthopaedics will make every effort to accommodate your scheduling needs. In return we ask that you help us by keeping your scheduled surgery appointment, and by notifying us in advance if you are unable to do so. All patients who fail to arrive for their scheduled surgery or who cancel with less than 5 business days advanced notice will be charged a non-refundable administration fee of \$500. If your primary care physician has not cleared you for surgery prior to this time, please contact your surgery coordinator as soon as possible. In addition, all patients that cancel and re-schedule a procedure (2) or more times for non-medical reasons will be charged a non-refundable deposit of \$500 for each occurrence. These fees cannot be charged to your insurance carrier.

Assistant Surgeon Notice

Many procedures require a surgical assistant; however some insurance companies, such as Aetna, will not pay for a Physician Assistant (PA) or a Registered Nurse First Assist (RNFA). As many other insurance companies are following suit, please check with them to see if a PA or RNFA is accepted as a provider of service. If not covered by your insurance, your financial responsibility will be 30% of the primary surgeon's charges. In addition, Cigna will pay for a PA or RNFA as out of network and may apply the charges to your out of network deductible. This balance will be your responsibility. If you are paying out of pocket (no insurance), payment is required in full prior to your procedure.

Billing Information

Please be advised that you will receive three (3) separate EOB's (Explanation of Benefits), and statements from medical entities showing patient financial responsibilities: 1) Surgeon, 2) Medical Facility, 3) Anesthesia.

- If you need a quote of surgeon's surgical charges, please call our Billing Department "PHYSICIAN FOCUS" at (650)375-2506, select Option #3. Cal Pac Ortho billers are available Monday through Friday: 8:30 am to 4:30 pm.
- For CPMC facility charges: Please contact (855) 398-1639. Please, have the CPT Code(s) available when calling. Please note that this is the number you will be transferred to after speaking to the Pre-Admission Testing department so no additional call is necessary.
- For anesthesia quotes: Please contact ACAMG at 833-922-1081. Please have the CPT Code(s), Length of surgery, anesthesia type available when calling.



3838 California Street, Ste. 715
San Francisco Ca 94118
Tel: (415) 668-8010

MARK SCHRUMPF, M.D.

Contact List:

Andie Stevenson – Medical Assistant to Mark Schrupf,
M.D. Direct Telephone: (415) 592-2031 or UCSF mychart
Email: astevenson@calpacortho.com

Please contact Andie directly if you have any questions regarding the following:

- Completion of Disability Forms
- FMLA Forms
- Request for Work Release
- Prescription
- Physical Therapy
- Post-op questions
- DME (Durable Medical Equipment: Crutches, Braces)

JADA EZZATI– Surgical Coordinator for Mark Schrupf, M.D.

Direct Telephone: (415) 592-2000

Fax: (415) 592-0002

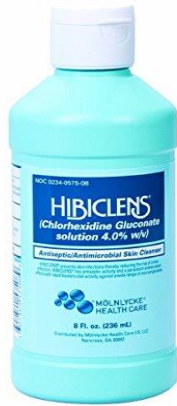
Email: jezzati@calpacortho.com

Please contact Jada directly if you have any questions regarding:

- Scheduling Surgery
- Rescheduling Surgery
- Pre-operative requirements (History & Physical, EKG, Laboratory Work up)
- Confirmation of surgery date and time
- Explanation of the surgical instructions

Please contact Katie Sisson regarding post op questions.

Preparing for Your Surgery



Hibiclens

Preparing for the hospital.

Cleaning your skin before surgery.

Before you go to the hospital for surgery, it is important to make sure your skin is germ-free. Using a product with 4% Chlorhexidine Gluconate (CHG), an antiseptic solution, greatly reduces the amount of germs on your skin and has been shown to reduce surgical site infections. "Hibiclens" is a common brand name that can be found at most drugstores or online at Amazon.com.

Guidelines

- Do not shave legs for a least five days before surgery
- Do not wax legs for at least five days before surgery.
- Do not use a loofah or wash cloth that has been sitting in the shower. It will recontaminate your skin.
- Do not use CHG if you are allergic.
- Do not use CHG on your Face or Genitals.

Showering with CHG

1. Shower with warm (not hot) water.
2. Shampoo hair and wash face with your regular products.
3. Rinse hair and body well.
4. Turn the water off.
5. Pour the CHG onto a clean, wet wash cloth.
6. Apply CHG to your entire body from the neck down.
7. Wash for five minutes, paying special attention to the area where your surgery will be performed.
8. Turn the water back on and rinse thoroughly. Do not wash again with your regular soap after using CHG.
9. After your shower, pat dry with a clean towel.
10. Do NOT apply any lotions, perfumes, powder, or deodorant to your body. This will inactivate the CHG. **This is very important!**
11. Wear clean pajamas after each shower and sleep on clean sheets.
12. Wear clean, freshly washed clothes to the hospital.

You will need to take three CHG showers at these intervals:

- Two days before surgery
- Night before surgery.
- Morning of surgery



LIST OF MEDICATIONS THAT MUST BE STOPPED 7 DAYS PRIOR TO PROCEDURES

Vitamins:	Vitamin E, Fish Oil, Saw Palmetto		
Herbal Medications:	Dong quai Garlic Ginkgo Biloba	Ginseng Green Tea Turmeric	Ephedra Feverfew Ginger
Non-Prescription Medications: (over the counter)	Non-Steroidal Anti-Inflammatory Drugs (NSAIDS): Ibuprofen: Motrin, Advil, Midol, Nuprin Naproxen: Naprosyn, Aleve, Anaprox Aspirin: Bayer, Excedrin, Bufferin, Anacin, Easprin, Alka-Seltzer, etc Enteric Coated Aspirin Tylenol is OK to use		
Prescription Medications: Non-Steroidal Anti-Inflammatory Drugs (NSAIDS): * <u>Rofecoxib (CELEBREX)</u> -Hold for 7 days for Epidural Steroid Injections -Hold for 3 days for Medial Branch Blocks, Radiofrequency Ablations, Facet Joint and Sacroiliac Joint injections	Diclofenac (Voltaren, Catablam, Arthrotec)	Diflunisal (Dolobid)	Etodolac (Lodine)
	Fenoprofen (Nalfon)	Flurbiprofen (Ansaid)	Ibuprofen (Motrin, Advil, Midol, Nuprin)
	Indomethacin (Indocin)	Ketoprofen (Orudis, Oruvail)	Ketorolac (Toradol)
	Mefenamic Acid (Ponstel)	Meloxicam (Mobic)	Nabumetone (Relafen)
	Naproxen (Naprosyn, Aleve, Anaprox)	Oxaprozin (Daypro)	Piroxicam (Feldene)
	Pletal (Cilostazol)	Rofecoxib (CELEBREX)*	Sulindac (Clinoril)
	Ticlid (Ticlopidine)	Tolmetrin (Tolectin)	Valdecoxib (Bextra)
	OZEMPIC/WEGOVY/RYBELSUS (Semaglutide), MOUNJARO (Tirzepatide)		
<p><u>IMPORTANT</u></p> <p>Check with your Prescribing Physician Regarding Holding these Prescription Medications Seven Days Prior to your Surgery:</p>	<p>Anticoagulants: Enoxaparin (Lovenox) STOP 24 HRS PRIOR Heparin Warfarin (Coumadin)</p> <p>Antiplatelets: Aggrenox (Aspirin and Dipyridamole) Agrylin (Anagrelide) Clopidogrel (Plavix) Dipyridamole (Persantine) Ticlid (Ticlopidine) Pentoxifylline (Trental)</p> <p>Apixaban (Eliquis) – Minimum of 3 day Hold OK Rivaroxaban (Xarelto) – Hold 3 days OK</p>		