



**MOUNTAIN**  
ORTHOPAEDICS

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**JARED TYSON, M.D.**

**GENERAL  
SURGICAL PACKET**

Appointments: 801-295-7200 Ext 126  
Clinical Questions: 801-295-7200 Ext 124



## ABOUT YOUR SURGERY

- Thank you for choosing Dr. Tyson and his team to perform your surgery. We will take great care of you and hope that you feel like you were treated as family.
- Your surgery should be well defined and described to your satisfaction prior to proceeding. If you have any questions, please ask.

## TIMELINE

### Surgery Scheduled with Your Surgeon

- Read entire packet of information.
- Make a list of all current medications including dosages and time taken. This must be brought to your pre-operative appointment.
- Receive clearance from primary care physician for surgery, if instructed by your surgeon's office, or if you have any significant medical conditions.
- Most surgeries are done on an out-patient basis.
- If needed, you will be instructed how to properly and safely use crutches and negotiate stairs prior to your discharge home.

### 1 Week Prior to Surgery

- Stop all anti-inflammatory medications (Aspirin, Diclofenac, Naproxen, Ibuprofen, etc.) 5 days prior to surgery. – Stop Aspirin, only if cleared by the prescribing physician.
- Make sure to attend your pre-operative appointment with any questions you may have. You might write these questions down before-hand as you think of them.
- Notify physician if you or any family member has a history of previous DVT/blood clot.





### Day Before Surgery

- Hospital or surgical center will call you with instructions of arrival time the day prior to surgery or if surgery is on Monday, you will receive a call on Friday.
- Nothing to eat or drink after midnight.
- Bring a list of medications including dosages and instructions to the hospital or surgical center.

### Day of Surgery

- Upon arrival, you will have an IV placed.
- IV antibiotics will be given 60 minutes prior to surgery.
- You will be in the recovery room for approximately 45 minutes.

### First Day after Surgery

- You will be asked to take aspirin or another blood thinner to decrease the risk of blood clots. You will need to take this as directed.
- If you have an allergy or a bleeding disorder, please notify us.
- our surgical wound should be dry, without any drainage or openings. If this is not the case, please contact us immediately, any time day or night.
- Please follow the instructions given to you from the nurse regarding care for your surgical wounds. If you have any questions, please call our office.
- Avoid soaking the wound in a hot tub or pool for at least 2 weeks after surgery.
- You will go home with pain medication. We will work to get off pain pills as soon as possible.
- Please use the narcotics sparingly or not at all, if you are able to.





### Physical Therapy

- Most procedures will require some Physical Therapy afterwards. The frequency and number of visits will be dependent on the procedure and each patient's rate of recovery.
- You may choose your own Physical Therapist or we can assist in helping you find one.

### Return to Work

- Our goal is to get you back to work as soon as you feel ready and will not compromise your recovery.
- Each patient and procedures are unique, we will assist you in deciding when to return to work safely.

### Conclusion

- Dr Tyson utilizes the most up to date technology and surgical procedures available. However, complications can occur with any surgery. Most of these problems can be anticipated, but some cannot. Please contact our office with any question or concern you may have at any time. Thank you for your confidence in Dr. Tyson for your surgery.





## FREQUENTLY ASKED QUESTIONS

What happens after schedule surgery?

- Your physician's M.A. will schedule your surgery with the facility you and the doctor have selected. The M.A. will then authorize this procedure with your health insurance company. Please understand that authorization is not a guarantee of payment and it is always a good idea that you check with your insurance company also regarding deductibles, copays and coinsurance responsibilities. You should have also made a pre-operative appointment in our office. This should take place 30 days prior to your surgery date.

How do I prepare for surgery?

- Do not eat or drink after midnight the night before your surgery.

What time will my surgery be?

- Your surgery time will be set by the hospital or surgical center. They will contact you on the last working day before the surgery. They usually call after 1pm. Questions or concerns regarding the time of your surgery should be directed to the facility.

Should I stop my medications prior to surgery?

- If you are diabetic DO NOT take your diabetic medications after midnight on the day of surgery. If you are taking Ibuprofen, Naproxen, or any other anti-inflammatories you will need to stop these 7 days prior to the surgery. If you are on Plavix or other blood thinners, please discuss this with your physician to determine when to stop prior to surgery to prevent significant bleeding issues.
- Please notify our office if you are currently on weight loss or insulin injections. We may request you be on a 36 hour liquid diet prior to surgery.

How long will I need to take pain medication after surgery?

- You should anticipate discontinuing your pain medication within 2 weeks after surgery. Please be aware, pain medication prescriptions must be done in writing, so please allow 3 days for refills.





Will I need Physical therapy after surgery?

- Yes, in most cases physical therapy is needed to fully recover.

How much will I follow up with my physician?

- Your first postoperative appointment will be 7-10 days after your surgery, then a follow up around the 6-8-week mark, after surgery. Typically, we will see you again at the 3-4-month marks of your recovery.

How long will my FMLA paperwork take to complete?

- You need to allow our office 10 business days from the time of drop-off for completion.

## BILLING INFORMATION

As the patient, it is your responsibility to provide us with your current, accurate insurance information. Your surgeon's medical assistant will obtain a prior Authorization, if one is required. It is important to note that a prior authorization is not a guarantee of payment. The billing department will handle the submission of medical claims for our office.

The insurance company will process claims according to your specific plan, and will provide you with a copy of their explanation of benefits. Once insurance determination is received by our office, we will send a letter to you if a patient balance remains, as indicated by the insurance. Patient balances may include co-payments, coinsurance, and deductibles.

It is also important to note the facility, anesthesia, surgeon, physician's assistant, and in some cases, surgical supplies, are billed separately. You should expect to deal with multiple billing departments.



You, as the patient, are responsible for balances not paid for by the insurance. You will also be liable for balances that result from inaccurate insurance information.

For billing assistance with your surgeon's billing office, please contact the billing department at 801-295-7200, ext 114.

## My Surgery Information

Surgery Date: \_\_\_\_\_ Facility: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Preoperative Appt: \_\_\_\_\_ Post-Operative Appt: \_\_\_\_\_

For questions that cannot be answered during an appointment, please call contact:

Direct line for medical questions: 801-295-7200, ext. 124

Direct line for appointments: 801-295-7200, ext. 126

Main office to be directed by an operator: 801-295-7200

For after-hours urgent issues, please call our office at 801-295-7200 and they can reach your physician or the physician on call.

## QUESTIONS

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