

## **SURGICAL TIMELINE/CHECKLIST: WHAT YOU NEED TO KNOW**

**Thank you for choosing to have your care at New York Presbyterian - Columbia University Medical Center**

- NYP Columbia University Medical Center 177 Fort Washington Ave, New York, NY
- NYP Westchester Hospital 55 Palmer Ave, Bronxville New York

**Communication is very important to us both pre- and post-surgery.**

**We are available via phone line 24/7 – Phone: 914-787-2468**

E-mail [ortho-teamgeller@cumc.columbia.edu](mailto:ortho-teamgeller@cumc.columbia.edu) - Fax 914-787-2246 – Mailing address:  
**Columbia Orthopedics 55 Palmer Avenue, Bronxville, NY 10708 – Palmer Hall 1<sup>st</sup> Floor**

- For 3 Months prior to surgery NO Aspirations/Injections** into the joint that will be operated
- Enroll in *MyChart*** – for communication and notifications – provide authorization for **Care Everywhere**
- Confirm that your contact information (phone/email) is up to date. Confirm your medical record is up to date at every office encounter (Pharmacy/Meds/Allergies/Medical-Surgical history).
- Let us know where you will be staying after your surgery.
- Disability paperwork** should you need forms completed please email them to our office
- 30 Days prior to surgery** once your surgical date is finalized you will need to arrange an appointment with your primary care provider (PCP) for **pre-op testing and evaluation** to ensure you are optimally prepared for surgery. Please call your PCP to schedule an appointment within 30 days of your surgery. **Surgical Clearance** must be completed and sent to our office at least seven (7) days prior your surgical date.
- A **surgical packet** will be either be mailed, e-mailed or sent via **MyChart** **30 Days prior to surgery**. Please read and review the information in the surgical packet, it contains important educational information regarding your upcoming surgery.
  - **Medical clearance paperwork** pre-op testing recommendations and evaluation guidelines. *You may receive **MyChart and text notifications** for any pending requirements.*
  - **Pre-Procedure screening tool** – *page one* – includes demographics, medication questions, allergies, hospitalizations, activity and substance use. *Page two* - includes health screening questions in preparation for anesthesia. Please complete this form and return it to our office.
  - **What You Need to Know – Existing Medications** - contains important information about medications that you may currently be taking and may need to be stopped prior to your surgery.
  - **What You Need to Know – Surgery** - an overview of the highlights and important information you need to know pre- and post-surgery; including a list of your post op medications.
  - **Pre-op Education** -- please call our educators at 212 305 3521 to arrange a class.
  - **Medical Equipment** -- you may visit our recovery shop at <https://shop-recovery.net/geller>
- 7-14 days prior to surgery** Please refer to the handout – Existing Medications: What you need to know for important information regarding medication you may be currently taking that may need to be stopped prior to your surgery.
- 7 Days prior to surgery** – surgical clearance should be completed and faxed (914 787 2246) to our office. Please call the office (914 787 2468) if your clearance has not been completed.
- 3 Days prior to surgery** – for 3 days leading up to your surgery, shower with Dial antibacterial soap, to help reduce bacteria/microbes on the skin.
- 1-3 Days prior to surgery** – post op medication will be e-prescribed to your pharmacy IF you are scheduled to go home the day of surgery (expect a phone call for review of meds). Patients planning for overnight stay their post op medication will be e-prescribed on day of discharge from the hospital.
- The day/evening prior to surgery** – ALL patients will receive a phone call to confirm arrival time, review instructions and answer any questions you may have.
- The evening prior to surgery** - Remember to hydrate with a 12 oz. electrolyte drink before bed.
- Morning of surgery - Two (2) hours prior to your arrival time at hospital** - Hydrate w/Electrolyte drink
- PLEASE DO NOT BRING ANY VALUABLES TO THE HOSPITAL.**
- Bring with you a list of all your current medications, photo ID and Insurance card.**