

What to expect now that surgery has been recommended

Main office:

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First, you must decide if surgery is the appropriate path for you. Discuss with family members and make sure you and your family understand the procedure and risks. If you have questions about the surgery once you leave the office, please feel free to call the office and we would be more than happy to answer your questions.

If you decide not to proceed, please call us at 214-393-5007 and let us know. We may want to schedule a follow up appointment for you to make sure your symptoms do not worsen.

If you decide to proceed, we will need clearances from your _____ doctor clearing you for surgery. If you do not have the type of doctor we need a clearance from, then please let us know and we would be happy to refer you to someone. We will not schedule surgery until we have all the necessary clearances.

Once we have the clearances needed, the scheduler will be calling you to discuss possible dates for surgery. If we do not call you, then please feel free to call the office once you know your clearances have been completed. Please note that we are usually booked out 4-6 weeks for surgeries. We will do our best to accommodate you and try to get you in as soon as possible.

When we call, please be prepared to take notes. You will need a pen and paper and about 15 minutes. We will schedule a surgery date and go over all important tasks that need to be completed prior to surgery, including:

- 1) We will give you a location, date, and time for surgery. Please note that times are subject to change depending on unforeseen emergencies.
- 2) You will need to go in for pre-op testing at the facility where your surgery will be done 7 days prior to the surgery date. Depending on the facility, you may need to schedule an appointment or you may just be able to walk in. If any labs come back abnormal, then they may need to be repeated on the day of surgery. You will also need to go in for COVID testing 2 days prior to your surgery.
- 3) You will need to stop blood thinners prior to surgery. We will go over the specific medications that need to be stopped and when to stop them. Please provide an updated list of medications to the office.
- 4) Do not eat anything after midnight the day before your surgery.
- 5) You will be provided with a time and date for your 2 week follow up.

Once again, if you have questions along the way, please call the office so we can help make this process as smooth as possible for you.

Thank you,

Texas Neuro Spine Institute