



1056 Texan Trail  
Grapevine, Texas 76051  
Main 817 251 0070  
Phone 972 254 9399

**PRE-OP INFORMATION**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Thank you for entrusting Surgical Group of North Texas with your care. We want you to know as much as possible about how to prepare for your procedure. Please visit **SurgicalGroupNT.com** for information on what to expect during surgery and frequently asked questions about post-surgical care. Please call our office at (972) 254-9399 should you have any questions.

**PRE-OP TESTING** Date \_\_\_\_\_ Time \_\_\_\_\_ am/pm

**SURGERY** Date \_\_\_\_\_ Time \_\_\_\_\_ am/pm

**ARRIVAL TO HOSPITAL** Time \_\_\_\_\_ am/pm

**TYPE OF SURGERY/PROCEDURE** \_\_\_\_\_ **CPT CODE** \_\_\_\_\_

**LOCATION OF SURGERY/PROCEDURE**

- Baylor Grapevine                       Baylor Irving                       Baylor Surgical Hospital Las Colinas
- Baylor Trophy Club                       Dallas Medical Center                       Medical City Las Colinas
- Medical City Alliance                       Methodist Southlake Hospital                       Texas Health - Southlake

**\*See last page for addresses, map and phone numbers.**

**YOUR SURGEON WILL BE**

- Mustafa Alibhai, MD                       Edward Clifford, MD                       Nathan Emerson, MD                       Sina Matin, MD
- Julio Rivera, MD                       Shahid Shafi, MD

**POST-SURGICAL** Date \_\_\_\_\_ Time \_\_\_\_\_ am/pm

**YOUR FINANCIAL RESPONSIBILITY**

We will do the best we can to minimize your expenses, but many are out of our control. Our practice will collect your co-insurance up front for the physician fees for your surgical procedure. You should be contacted in advance by the hospital to explain your benefits for the facility fees. We will bill your insurance for our surgeon services at the contracted rate. Based on the Explanation of Benefits we receive from your insurance company, we will bill you for any additional portion they deem as the patient's responsibility. For all procedures, the patient portion must be paid up front to the surgeon and financing may be available with the facility for the facility fee. You may also receive bills from a Surgical Assistant, a Radiologist, a Pathologist, and an Anesthesiologist.

You deserve to understand your insurance policy coverage and benefits. Please contact your carrier's customer service department for a clear explanation of your surgical benefits. Every policy is different, including the obligations of the member. If you have questions about a bill, please contact your insurance company first, then our billing department at (877) 903-5118.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## PREPARING FOR SURGERY

**\*\* DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.  
THIS INCLUDES WATER, COFFEE, MINTS, HARD CANDY, TOBACCO AND CHEWING GUM. \*\***

- Bring insurance card(s) and driver's license/identification with you.
- Bring medication list including over the counter medications, vitamins, and supplements. If you use an inhaler or CPAP/BIPAP, bring it with you.
- Have someone available to drive you home after you have been discharged from the hospital.
- Children under 12 years of age are by policy not permitted as visitors to Day Surgery Unit.
- Take blood pressure, heart and anti-seizure medication(s) with a tiny sip of water the morning of your surgery if you normally take them in the morning. Take half dose of insulin the morning of your surgery unless instructed otherwise by your doctor. **DO NOT** take diabetic pills the morning of surgery. Stop taking any blood thinners (Aspirin, Brilanta, Coumadin, Effient, Eliquis, Plavix, Pradexa, Xarelto) \_\_\_\_\_days before surgery unless instructed otherwise by your doctor.
- You may receive a call from Pre-Op/Pre-Admission to discuss health history, medications and any needed pre-op testing.
- You may brush your teeth and rinse your mouth the day of surgery without swallowing liquids. Do not shave the operative area.
- Wear clothing that is comfortable, pajamas are fine. If you wear glasses, hearing aids, contact lenses or dentures, bring something to store them in during your procedure. Do not wear jewelry.
- If you have one, bring your living will, medical power of attorney, and any other written instructions regarding your wishes about you medical care.
- Translators are available for hearing impaired and non-English speaking patients.

## FREQUENTLY ASKED QUESTIONS

These are general recommendations for informational purposes only. They are not intended as medical advice. Please contact our office at (972) 254-9399 if you have questions related to your specific concerns.

### INCISION CARE

**Q When do my staples/stitches come out?**

A 7 to 10 days post – surgery

**Q When can I remove my bandages?**

A One day after surgery, unless bandage is soaked. You will remove the bandage and clean the area with soap and water. Then, pat dry and apply a fresh bandage. This can be a Band-Aid® or gauze with tape. Do not use peroxide or alcohol on incisions unless instructed by your physician.

**Q Can I take my steristrips off?**

A When you shower, allow the steristrips to get wet. They will fall off on their own in 7-10 days.

**Q My incision is draining. Is this normal?**

A You will have drainage; however, the signs of infection are redness at the incision site (that spreads), incision feels hot, and drainage that has a foul odor. If this occurs, please contact our office.

**Q Do/can I put antibacterial ointment on my incisions?**

A There is no need for this. Also do not use peroxide or alcohol on incisions unless instructed by your physician.

**Q I have swelling on my incision. Is this normal?**

A This will occur; however, if you notice fever, redness or drainage with a foul odor please contact us.

**Q I have blood on my bandages. Is this okay?**

A It is normal; however, if the flow is consistent and soaks your bandage in less than 15 minutes, please contact us.

**Q My incision opened. What do I do?**

A Contact us as soon as possible.

**Q I have a rash/blisters on or near my incision. What do I do?**

A Apply antibacterial ointment to the area and apply a non-adhesive bandage. Try not to agitate blisters. Please contact our office to speak to your physician.

### PAIN MANAGEMENT

**Q I am having pain after surgery. Is this to be expected?**

A It is normal; however, if the pain doesn't get better after taking pain medications, please contact us.

## FREQUENTLY ASKED QUESTIONS

**Q When does my pain pump come out?**

A Three days after surgery. The nurse will show you how to remove it when you are discharged from the hospital.

### PHYSICAL CONCERNS

**Q I have a rash on my body. Is this normal?**

A This can occur from an allergic reaction to the medications. If this occurs, stop taking medications and start taking Benadryl as directed on bottle. Then contact us as soon as possible.

**Q I have leg or arm pain with swelling. What do I do?**

A Contact us as soon as possible.

**Q I am having fever. What should I do?**

A Contact us as soon as possible.

**Q How long do I wear my abdominal binder after my hernia repair?**

A At least two weeks. You may remove it to shower.

**Q What can I take for constipation?**

A Milk of Magnesia or stool softeners (we prefer you start taking stool softeners the day after surgery even if you are not constipated, to avoid constipation). It is common for patients not to have a bowel movement for 2 to 3 days after surgery.

**Q What should I do if I'm having trouble urinating?**

A Contact us as soon as possible.

**Q When does my drain come out?**

A It usually comes out 5 days after surgery. Call our office for an appointment to have it removed.

**Q I have really bad gas; what can I take?**

A You can take Gas-X; however, patients who have laparoscopic surgery may experience trapped air in the shoulder. Shoulder movements may help relieve some of this pain. Walking also helps at times.

**Q What can I take for diarrhea?**

A Kaopectate. If this doesn't help in a 24-hour period please contact us.

**Q I have mesh after a hernia repair. Is it normal for me to feel burning and pinching?**

A It is common, however if you notice redness, swelling, or fever please contact us.

## FREQUENTLY ASKED QUESTIONS

**Q I am having severe nausea. What can I do?**

A Some nausea is normal after surgery. However, if you are persistently having difficulty keeping liquids or solids down, contact us as soon as possible.

### HYGIENE

**Q When can I shower?**

A You may shower the day after surgery, unless instructed by your physician.

**Q When can I take a bath or go swimming?**

A Patients may not sit in a pool of water for 2 weeks from the day of surgery.

### POST-SURGICAL FOLLOW-UP

**Q When do I need to follow up with the doctor after surgery?**

A Usually 2 weeks, unless directed otherwise by your physician.

**Q I had breast surgery and am waiting for my pathology report. When will I get the results?**

A Your surgeon typically receives the report from pathology within 48 hours of the biopsy and will call the same day.

## HOSPITAL LOCATIONS

### **Baylor Scott & White Medical Center Grapevine**

1650 West College Street  
Grapevine, Texas 76051  
Don & Linda Carter Outpatient Testing  
(817) 481-1588  
[BaylorHealth.com/Grapevine](http://BaylorHealth.com/Grapevine)



### **Baylor Scott & White Medical Center at Irving**

1901 North MacArthur Boulevard  
Irving, Texas 75061  
Main Registration Desk  
(972) 579-8100  
[BaylorHealth.com/Irving](http://BaylorHealth.com/Irving)



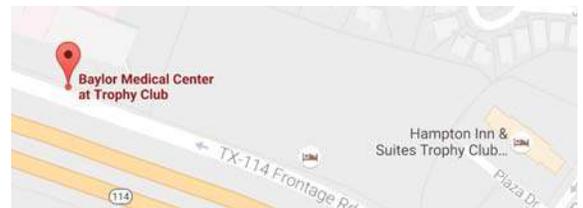
### **Baylor Surgical Hospital at Las Colinas**

400 West I-635  
Irving, Texas 75063  
Plaza I - East entrance – Registration Desk  
(972) 868-4000  
[IC-SH.com](http://IC-SH.com)



### **Baylor Medical Center at Trophy Club**

2850 East State Highway 114  
Trophy Club, Texas 76262  
(817) 837-4600  
[BaylorTrophyClub.com](http://BaylorTrophyClub.com)



### **Dallas Medical Center**

9 Medical Parkway  
Plaza 4, Suite 210  
Dallas, TX 75234  
[DallasMedCenter.com](http://DallasMedCenter.com)



### **Medical City Las Colinas**

6800 North MacArthur Boulevard  
Irving, Texas 75039  
Main Registration is at Concierge Desk  
(972) 969-2000  
[MedicalCityLasColinas.com](http://MedicalCityLasColinas.com)



## HOSPITAL LOCATIONS

### Medical City Alliance

3101 North Tarrant Parkway  
Fort Worth, Texas 76177  
(817) 639-1000  
[MedicalCityAlliance.com](http://MedicalCityAlliance.com)



### Methodist Southlake Hospital

421 East State Highway 114  
Southlake, Texas 76092  
(817) 865-4400  
[ForestParkSouthlake.com](http://ForestParkSouthlake.com)



### Texas Health Harris Methodist Southlake

1545 East Southlake Boulevard  
Southlake, Texas 76092  
(817) 748-8700  
[TexasHealthSouthlake.com](http://TexasHealthSouthlake.com)

