
PRE-OP INSTRUCTIONS

North Shore Forest Hills Hospital
Admitting Dept., Lobby
102-01 66th Road
Forrest Hills, N.Y. 11375
718-830-4316

- ❖ Surgery will be booked by Christina, if your surgery will take place in New Jersey and she can be reached at 201-343-3999 or Amantina for New York who can be reached at 212 604-1367. **Please be advised that there is a cancellation fee of \$250.00 if you cancel your surgery less than two weeks of the surgery date.** The Health Survey will answer necessary medical history questions for the anesthesia department. Pre Surgical Testing is required you may do this with your Primary Care Physician. *All medical clearance results are due no less than 5 business days prior to the surgery day; failure to meet this requirement will result in the cancellation of your procedure.*
- ❖ Two weeks before surgery please hold all herbal medications. All Products containing Aspirin must be **DISCONTINUED** at least one week prior to the surgery. One week before surgery please hold all anti-inflammatory medications such as Aleve, Motrin, Advil, Naproxen, Celebrex, etc. Please hold Evista, vitamin E. If you are taking any blood thinners i.e. **COUMIDIN YOU MUST CHECK WITH YOUR MEDICAL DOCTOR** prior to discontinuing.
- ❖ If your surgical procedure requires **PRECERTIFICATION** we will obtain this through your insurance carrier, one week prior for ambulatory procedures and two weeks prior for all inpatient procedures. As a suggestion you *may* want to contact the insurance carrier to verify coverage of **anesthesia** only. Please do not initiate your own authorization for the surgery. **When going to the hospital for pre surgical testing and/or an interview with the anesthesiologist please bring your insurance card or WC/NF information along with a picture I.D.**
- ❖ The time of your surgery will be determined by the Hospital based on the medical necessity of the patients. **Please do not call before these hour's as the nurse's will not have a finalized time available for you. If your procedure is at North Shore please call (718) 830-4316 after 3:30 p.m. YOU MUST NOT EAT OR DRINK ANYTHING AFTER 12:00 MDINIGHT THE NIGHT BEFORE YOUR SURGERY. YOU MUST HAVE AN ESCORT TO TAKE YOU HOME.** You will be given Prescription's after your surgery for Pain and Inflammation. Please have some **EXTRA STRENGTH TYLENOL** also available.
- ❖ Due to the high volume of surgery we ask that all requests' for employment letter be submitted no less than one week prior to your surgery so that we may return them to you in a timely manner. If you need other disability forms and/or work forms from your employer to be filled out you may have these done at your first post op appointment. If they need to be done prior to procedure please make appointment so that these will be done and given to you on the same day. These forms take time to fill out, we need at least one weeks notice.

The staff is committed to make this procedure as comfortable as possible, please do not hesitate to contact the office at any time.