

GENERAL POST-OPERATIVE CARE

1. Please call our office at 774-0411 the day you are discharged to schedule your follow-up appointment.
2. Elevate the involved extremity as often as possible to control discomfort and swelling.
3. You may apply an ice pack as needed for pain and swelling.
4. Carefully observe the exposed fingers/toes for evidence of swelling or discoloration. You may need to loosen the bandage to relieve swelling. However, you should check with your physician first.
5. Keep the dressing clean and dry until your first office visit, unless otherwise specified by your physician or physician assistant. Although the dressing may become blood stained, this is not a cause for alarm. However, if the area in question is large or continues to bleed, you should call the office.
6. If the prescribed pain medication does not provide adequate relief or if you develop nausea, vomiting, a skin rash or diarrhea, please notify us.
7. If you need your pain medication or other prescriptions by our physicians refilled, you must call your pharmacy with your prescription number located on the bottle. The Pharmacy will contact us for refill authorization.
8. Please allow AT LEAST 24 hours for us to process your refill request. No refills will be given over weekends or holidays.
9. Take other medications as directed.
10. If you have a fever greater than 101 degrees, please call us immediately. Mild temperature elevations are normal after the first few days of surgery.
11. Your sutures will be removed approximately 10-14 days after surgery. Please keep sutures dry.

PRE-PAYMENT INFORMATION

Center for Orthopaedic Specialties requires that surgery co-payments and deductibles be prepaid at least 5 business days prior to elective surgery and within 24-hours for emergency surgery or the procedure(s) will be postponed/cancelled. A patient accounts representative will be contacting you with your estimated prepayment if necessary. A written copy of this estimate for the physician's services only can be provided to you. Hospital and anesthesia charges are separate and we cannot provide you with an estimate of these costs. If you wish to contact their offices to find out your financial obligations for the surgery, please refer to the phone numbers listed on the reverse side.

We accept Check, Cash, American Express, Visa, Mastercard, Discovercard, or Money Order for estimated surgery prepayment. Please note we do not setup payment plans for surgery prepayment requirements.

Information for Family/Guests

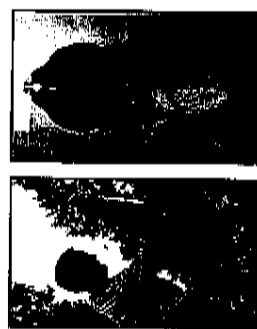
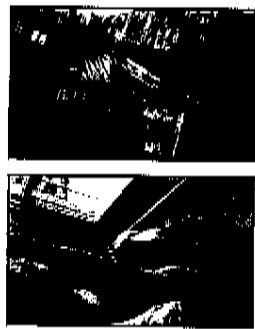
1. Your family or Guests may wait in the main lobby area. Comfortable couches, a television, and coffee service are convenient for their needs.
2. After the surgery, the surgeon will visit with your family and guests in the waiting area.



**CENTER FOR
ORTHOPAEDIC
SPECIALTIES**

PATIENT INSTRUCTIONS FOR SURGERY

3201 University Drive East Suite 255
Bryan, Texas 77802
Tel 979.774.0411 Fax 979.778.5710
www.cos-tx.com



GENERAL PRE-OPERATIVE CARE

1. Do not drink alcoholic beverages or take over-the-counter drugs for 24 hours prior to your surgery. You will be given instructions regarding your prescription medications. Bring prescription medication in the original containers.
2. Take a full bath or shower. Use antibacterial soap and wash hair.
3. Do not eat or drink after midnight. You may brush your teeth but do not swallow any water. Do not use any tobacco products after midnight.
4. Leave all jewelry (including body piercings), watches, and other valuables at home. Do not wear any makeup, nail polish, body lotion, or face cream. You may leave on acrylic nails unpolished.
5. Wear loose comfortable clothes and shoes that are easy to get on. Bring a pair of warm, loose socks.
6. You will need to have someone drive you home or stay with you overnight. Bring a pillow to use on the trip home.
7. Please address your work status with your employer.

Return to work: Date _____

Restrictions:

One handed only

Off Work until re-evaluation

Date _____

Other Restrictions: _____

**FAILURE TO FOLLOW THE
INSTRUCTIONS LISTED ABOVE
MAY RESULT IN A DELAY OR
CANCELLATION OF YOUR SURGERY**

COLLEGE STATION MEDICAL CENTER
1604 Rock Prairie Road College Station, TX

BEFORE YOUR SURGERY

You will need to contact The College Station Medical Center for a pre-registration appointment several days in advance of your surgery. Please call 979-680-5397 to schedule your appointment.

The College Station Medical Center is located at the intersection of Highway 6 South and Rock Prairie Road. At your pre-registration appointment, lab work will be done if ordered, as well as a health history and signing of consent forms for the procedure. A pre-op nurse will tell you what time you should arrive for your surgery and any other instructions pertaining to your surgery.

Do not eat or drink after midnight prior to your surgery.

You will visit with the anesthesiologist the day of your procedure.

HOSPITAL MAIN NUMBER
(ask for the business office)
COLLEGE STATION MEDICAL CENTER
(979) 764-5100
ANESTHESIOLOGY
(979) 776-4777

PHYSICIANS

Barry W. Solcher, M.D.
George A. Richardson, M.D.

HOSPITAL

The Physicians Centre
St. Joseph Surgery Centre
College Station Medical Center

(Please refer to the appropriate column for further instructions.)

YOUR SURGERY IS CONSIDERED

Outpatient
Inpatient
23-Hour Observe

Pre-OP

Surgery

Post-Op

The hospital will let you know when to arrive for surgery.

ST. JOSEPH SURGERY CENTER
2601 Franciscan Drive Bryan, TX

BEFORE YOUR SURGERY

St. Joseph Pre-Registration Service will be contacting you for a pre-services appointment. However, if you are not contacted 48 hours prior to your surgery date, you should contact the Pre-Registration Office at 979-776-2879 for an appointment.

The St. Joseph Surgery Center is located in the lower addition. Hours of operation are Monday-Friday 5:30 AM to 9:00 PM. Any pre-op testing requested by your physician will be done at your appointment. A pre-op nurse will tell you what time you should arrive for your surgery and any other instructions pertaining to your surgery.

Do not eat or drink after midnight prior to your surgery.

You will visit with the anesthesiologist the day of your procedure.

HOSPITAL MAIN NUMBER
(ask for the business office)
ST. JOSEPH REGIONAL HEALTH CENTER
(979) 776-3777
ANESTHESIOLOGY
(979) 776-4777

THE PHYSICIANS CENTRE
1410 University Drive Bryan, TX

BEFORE YOUR SURGERY

If you are not scheduled for an on site pre-op visit, a pre-op nurse will call you to provide pre-operative instructions and time of arrival. If you have not received this information by the day prior to your surgery or you have questions, please contact a nurse at 979-731-3131 or 979-731-3207 or 3208.

You must arrange transportation to and from the hospital the day of surgery. Also arrange for someone to stay with you during and after your surgery.

Do not eat or drink after midnight prior to your surgery.

You will visit with the anesthesiologist the day of your procedure.

HOSPITAL MAIN NUMBER
(ask for the business office)
THE PHYSICIANS CENTRE
(979) 731-3100
ANESTHESIOLOGY
(979) 776-4777