

GENERAL POST-OPERATIVE CARE (continued)

2. We encourage you to walk as much as you can in the first few days after the surgery. If you have had lumbar surgery, you are not required to wear your back brace, but you will find it more comfortable if you do so. If you have had cervical surgery, you should wear your cervical collar whenever you are sitting or standing. You do not have to wear the collar while you sleep.
3. Keep the surgical dressing on until you are seen in the office for your follow-up. If the dressing comes off, don't worry. Just keep the area clean and protected. Do not put any creams or lotions on or near the wound area.
4. Please do not shower, bathe, or swim until you see us in the office after the surgery. Please do not get the dressing wet.
5. If you have had a fusion, please do not take any medication for pain unless you speak with us first. You should not take anti-inflammatory medication (Advil, Ibuprofen, Naproxen, Toradol, prednisone, etc.) for the first three months after your surgery. Please check with us if other health care providers have prescribed such medications for you as they may not be aware of these restrictions.
6. If you have had a fusion, you should not do any twisting motions, or lift, carry, or move an object more than 25 lbs for the first three months after your surgery. Any physical therapy should be restricted to walking assistance for the first three months after the surgery.
7. If you need more pain medication, please let us know in advance of running out of pills. We will be happy to order a refill. We typically do not refill pain medications on the weekends.
8. Mild fever is normal after surgery. However, if your temperature rises to more than 101.5, or you have any burning or itching on urination, or any cough that is getting worse, please let us know as soon as possible.

PRE-PAYMENT INFORMATION

Brazos Spine 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, Discover Card, or Money Order for estimated surgery prepayment. Please note we do not set up 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.

1. Make sure that you see your primary care physician well before your surgical date. They may refer you to see a heart or lung specialist as well, and these pre-operative appointments can take time to complete. You should complete your pre-operative medical evaluations before your pre-operative visit in our office.

2. Do not take any anti-inflammatory medication within the 3 days before your surgery. This includes Advil, Ibuprofen, Motrin, Naprosyn (Naproxen) and Toradol. Do not take aspirin, Plavix, coumadin (Warfarin), or any other blood thinners within the one week before your surgery.

3. Do take your prescription medications that you normally would for high blood pressure, diabetes or other health issue that you have, except for those medications listed above.

4. Do not eat or drink after midnight on the night before your surgery. You can take a sip of water in order to take your prescription medications. Do not use any tobacco products within the 24 hours before your surgery.

5. Leave all jewelry (including rings, necklaces, body piercings), and other valuable items at home where on your skin after you shower on the morning of your surgery.

7. Wear comfortable, loose-fitting clothes and slippers on shoes. Bring a pair of warm, loose socks.

PLEASE UNDERSTAND THAT IF THESE INSTRUCTIONS ARE NOT FOLLOWED, YOUR SURGERY MIGHT BE DELAYED OR CANCELLED.

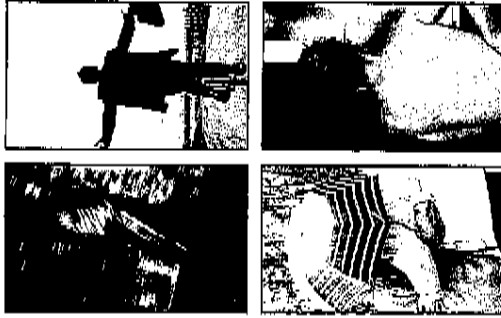
GENERAL POST-OPERATIVE CARE

1. Please call our office at 979-774-0411 on the day of your discharge to set-up a follow-up appointment 7-10 days after your surgery

Brazos Spine

PATIENT INSTRUCTIONS FOR SURGERY

3201 University Drive East Suite 255
Bryan, Texas 77802
Tel 979.774.0411 Fax 979.776.0508
www.brazosspine.com



PHYSICIAN

Mukund I. Gundanna, M.D.
Troy Duley, PA-C. (surgical assistant)

HOSPITAL

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

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

YOUR SURGERY IS CONSIDERED

Outpatient
 Inpatient
 23-Hour Observe

Medical Clearance _____
Cardiac Clearance _____
Other Appointment _____
Office Pre-Op _____
Hospital Pre-Op _____
Surgery Date _____

The hospital will let you know when to arrive for 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

ST. JOSEPH SURGERY CENTER
2808 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 979-776-2979 for an appointment.

The St. Joseph Surgery Center is located in the Tower 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
101 University of Texas Blvd Bryan

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 PHYSICIAN'S CENTRE
(979) 731-3100
ANESTHESIOLOGY
(979) 776-4777