



CHRISTOPHER M. BRUSALIS, MD

Sports Medicine & Shoulder Surgery
TEL 516.743.3036 FAX 516.743.3576
www.BrusalisMD.com

Preparing for Surgery at HSS

- We are honored that you have chosen to undergo surgery with our team, and we do not take the trust that you have placed in us lightly. We believe in an equal partnership between yourself and our team in the common goal of maximizing your function and quality of life. We look forward to being a part of your recovery.
- If you received a nerve block, it is normal to experience numbness and weakness in your arm for 24 to 36 hours after surgery. After the block has worn off, you will be able to use your hand with your arm against your side. You will be able to type, write, and use your phone. This is based on your comfort level but there are no restrictions in doing so.
- You will be able to use your elbow to get your hand to your mouth. You should not lift anything heavier than your phone or a utensil.
- Most patients find that sleeping in a recliner is helpful for the first 4 to 6 weeks. You can, however, sleep whichever way you like as long as you follow the sling immobilization restrictions.
- Wound care and bandage instructions are specific to the type of surgery you had. Please refer to postoperative instructions you receive at the time of surgery for further details.
- Our office will obtain your pharmacy information in order to prescribe post-operative medications. Nearly all prescriptions are now sent electronically. **When possible, we aim to submit these prescriptions BEFORE your surgery so that you may pick them up before your surgery. Doing so will reduce the stress of your surgery day.** These prescriptions may be sent by a physician assistant or resident at HSS, so do not worry if you don't recognize the prescriber's name.
- As mandated by law, our office is required to screen your controlled substance prescription history through the state database for any recent history of opioid prescriptions. If you are under the care of a pain management physician, they should be made aware of your upcoming surgery and potential post-operative pain management needs.
- Most patients require opioid pain medication for approximately 5 days after surgery.
- There is no need to do physical therapy exercises between now and your surgery date. If necessary, our office will set up a one-time pre-operative physical therapy consultation for you to review sling use and daily activities to prepare you for post-operative care. We will clearly outline your post-operative physical therapy protocol after surgery.
- If you are undergoing a shoulder replacement, you will need to be pre-medicated with antibiotics prior to any dental procedures after surgery.



CHRISTOPHER M. BRUSALIS, MD

Sports Medicine & Shoulder Surgery
TEL 516.743.3036 FAX 516.743.3576
www.BrusalisMD.com

Pre-Operative Information

Due to the nature of orthopaedic surgical practice, there is always the possibility of surgery dates being rescheduled due to surgical emergencies.

Surgery Date

Your surgery is scheduled for _____ at the
Hospital for Special Surgery, 535 East 70th St. New York, NY 10021

Insurance

- Our office will call your insurance carrier to obtain prior authorization for your surgery.
- You are advised to call your insurance carrier to determine your benefits and responsibilities.
 - **Many plans may deny you benefits if not contacted by you prior to any elective procedure.**
- If you are staying overnight in the hospital, the hospital will obtain pre-certification for the hospitalization.
- You and your insurance carrier will be responsible for 3 separate fees:
 - Surgeon's fee
 - Anesthesiologist's fee
 - Hospital fee
- The bill for your surgery will be submitted to your insurance carrier. You will be responsible for the copayment, coinsurance, deductible, and the balance your insurance company does not pay. If we are in-network with your insurance, payment from your carrier will be accepted as payment in full.

Anesthesia Billing

- HSS has some of the best anesthesiologists in the world that specialize in the latest regional pain management techniques for patients undergoing orthopaedic surgery.
- The HSS anesthesiologists (East River Medical Anesthesiology, P.C.) have their own contracts with various insurance plans.
- If you have any questions regarding their billing policies or fees, please contact the anesthesia office directly at (212) 606-1206, or their billing service (Billing Services, Inc.) at (888) 877-3850.

Other Billing

- You may receive separate bills for the following (please contact them directly if you have any questions)
 - Post-operative brace – this will be submitted to your insurance directly by HSS-Eschen Prosthetic and Orthotic Laboratories, Inc. If you have any questions, they can be reached at (212) 606-1662.
 - HSS Department of Pathology (Orthopaedic Pathology Consultants) – for certain types of procedures where your own tissue is removed (excised), it is our standard practice to send samples to the pathology department to confirm the tissue type and to rule out any abnormalities on a microscopic level.
 - Hospital for Special Surgery, unless 100% covered by your insurance carrier. Please direct all HSS billing questions to Patient Accounting, at (212) 606-1772.

Pre-Admission Testing

- Pre-admission testing is usually required for anyone over the age of 40, and/or those with medical conditions. This needs to be done within 26 days prior to surgery. Testing consists of blood tests, urine tests, electrocardiogram, and possible imaging. This process is most streamlined if done at a HSS facility with an HSS internal medicine physician. If it is more convenient for you, however, you may complete this



CHRISTOPHER M. BRUSALIS, MD

Sports Medicine & Shoulder Surgery
TEL 516.743.3036 FAX 516.743.3576
www.BrusalisMD.com

testing with your primary care provider (PCP), and send us a clearance note with all testing results. Our office can provide the orders for the tests required for you to take to your PCP.

- Please bring a complete list of all your medications, including prescriptions, over-the-counter medications, vitamins, supplements, and herbals.
- All pediatric patients under age 18 must provide a copy of their immunization record to our office as soon as possible.
- Please note – regardless of the type of surgery, if you have any conditions such as cardiac disease, hypertension, diabetes, lung disease, urinary problems, chronic pain issues, or any other serious health problems, you may be required to have additional testing at the discretion of your physician or Dr. Brusalis.

Medical Clearance/Medications

- On your pre-admission testing day, an internal medicine physician will see you to be medically cleared for surgery. They will perform a physical and review your lab results. Any patients that are on blood thinners such as Coumadin, Plavix, Lovenox, Eliquis, etc. must speak to their internist and/or cardiologist for specific instructions for discontinuing prior to surgery. All patients must be completely off these medications prior to surgery.
- Full-strength aspirin (325 mg), aspirin-derivatives, or NSAIDs (Advil, Motrin, Aleve, Naprosyn, Ibuprofen, Celebrex, Mobic, Diclofenac, etc.) must be discontinued 7 days prior to surgery. Baby aspirin (81 mg) may be continued up to the day of surgery.
- Opioid pain medications (Percocet, Norco, Vicodin, Dilaudid, Hydrocodone, Oxycodone, etc.) should be minimized or discontinued prior to surgery, as pre-operative tolerance to these medications will make them less effective for post-operative pain control.
- Patients taking hormone replacement therapy (HRT) should be off for 1 month prior to surgery, and it is associated with an increased risk of a blood clot (DVT – deep vein thrombosis).
- Patients taking fish oil or other supplements should be off these for 1 week prior to surgery.
- Any questions regarding medications will be addressed by the internist. Please remember to inform them of all medications you are taking.
- You must stop smoking 6 weeks prior to surgery, as it has a significant negative impact on post-operative tendon, bone, and wound healing.

Anesthesia

- All anesthesia questions will be answered by your anesthesiologist in the holding area prior to surgery. Regional anesthesia (selective nerve blocks) is used in the majority of cases. Post-operatively a small percentage of patients may experience muscle spasm that may cause some achiness. Applying a heating pad or warm cloth in combination with an anti-inflammatory usually relieves this.
- The HSS Department of Anesthesia website is a valuable resource regarding your anesthesia:
<http://www.hss.edu/anesthesiology-department.asp>

Post-Operative Shoulder Brace

- Almost all of our post-operative shoulder patients require immobilization of the shoulder after surgery to protect the surgical repair and allow for optimal healing.
- If you already have a shoulder immobilizer, you are welcome to bring it with you to surgery so we can determine if it is adequate for our post-operative requirements. If so, we can re-use your brace.
- Otherwise, the brace is provided through a vendor contracted through HSS. This vendor is not part of our medical practice, and their service and product is being made available as a convenience for our patients. You are under no obligation to obtain your brace from this vendor and may purchase from another vendor so long as it is arranged prior to surgery.



CHRISTOPHER M. BRUSALIS, MD

Sports Medicine & Shoulder Surgery
TEL 516.743.3036 FAX 516.743.3576
www.BrusalisMD.com

Ice Therapy (Cryotherapy)

- **Icing after surgery is the single most effective method of post-operative pain control.** While opioid pain medications relieve pain temporarily by acting on pain receptors in your brain, ice actually reduces inflammation, which is the source of pain, coming from the shoulder. Again, opioid pain medications act only on the brain, and not the shoulder. In fact, after a few days of being on opioids, your brain actually generates more pain receptors to create tolerance to the medication, which increases pain and pain sensitivity.
- Ice therapy can be done using ice packs or an ice therapy machine. This is a machine that continuously circulates cold water through a sleeve placed around the shoulder. It is generally more convenient and effective than using ice packs, but it is unfortunately not covered by insurance. You are absolutely not required to buy/rent an ice machine, and ice packs work very well so long as they are changed frequently.
- If you are interested in renting/buying an ice therapy machine (Game Ready), the HSS vendor is Eschen P&O, and they can be reached at 212-606-1262 for more information.

Private Duty Nursing

- Private duty nursing can be arranged through the Nursing Office at (212) 774-7187.

Guest Lodging

- If you require lodging, the following facilities are nearby:
 - The Belaire Guest Facility, 525 E 71st St, (212) 606-1989
 - The Helmsley Medical Tower, 1420 York Ave at 70th St, (212) 472-8400
 - The Bentley Hotel, 500 E 62nd St at York Ave, (212) 644-6000
 - The Carlyle Hotel, 35 E 76th St at Madison Ave, (212) 744-1600
 - Additional accommodations can be found at www.hss.edu

Day Before Surgery Instructions

- A nurse from the call center will contact you after 3 PM the business day prior to surgery with instructions. They will inform you of the time to arrive at the hospital and where to go. You may call (212) 606-1630 at any time to hear a pre-recorded message giving pre-operative information.
- You may follow a regular diet the day before surgery. No solid food after midnight, clear fluids only.
- All jewelry and piercings must be removed. All rings must be removed prior to surgery as normal post-operative swelling may lead to loss of circulation to the finger. Your surgery will be canceled if rings are not removed.
- Wear what you will go home in to the hospital on the day of surgery.

Day of Surgery Instructions

- Wear loose comfortable clothing and shoes that are easy to take on and off.
- **An adult must accompany you out of the hospital after surgery.** This is an HSS requirement, and you will not be discharged from the recovery room unless someone is there to escort you home and take responsibility for your care until you get there.

Instructions for Family Members and Friends

- Dr. Brusalis will call the designated family member or friend as soon as surgery is completed to give them an update. Please be patient when waiting for an update, as delays and changes do occur in the operating room that cannot be controlled or monitored by the office.
- We completely understand that having a loved one undergo surgery is a cause of significant anxiety. We will always strive to provide the highest quality care to our patients.



CHRISTOPHER M. BRUSALIS, MD

Sports Medicine & Shoulder Surgery

TEL 516.743.3036 FAX 516.743.3576

www.BrusalisMD.com

- If at all possible, please arrange for someone to stay with the patient at home, or to be readily available for at least the first 48 hours after surgery to assist with activities and daily living.