



## ***PREPARING FOR SURGERY / PATIENT SURGICAL AGREEMENT FORM***

We, at *THE BRAIN AND SPINE CENTER* are committed to an unsurpassed level of personal, compassionate care, driven by cutting-edge technology, research and education. Thank you for allowing us to participate in your care.

Please review this document in its entirety and initial where indicated. Once completed please sign and fax/email to Dr. Robert Louis surgical coordinator:

**Miriam Lazaro, MA**

Email: [miriam.lazaro@hoag.org](mailto:miriam.lazaro@hoag.org) ----- Best form of contact

**\*urgent matters mark urgent is subject line\***

Phone: (949) 764-3564-----Direct line

Fax: (949) 438-3828

### **STARTING NOW...**

**STOP SMOKING:** Smoking reduces circulation to the nervous system as well as the skin and muscles. Smoking has been shown to significantly reduce the success of surgery by as much as 50%. We recommend stopping all use of tobacco products and replacements (nicotine patches, gum, or pills) for two weeks before and at least 8 weeks after surgery.

**TAKE MULTIVITAMINS:** (OPTIONAL) Start taking multivitamins twice daily with a calcium supplementation to help improve your postoperative healing.

**TAKE VITAMIN C:** (OPTIONAL) Start taking 500mg of Vitamin C twice daily to promote healing.

**LIMIT VITAMIN E:** Limit Vitamin E to less than 400mg per day.

**STOP TAKING HERBAL MEDICATIONS/FISH OILS:** Some over the counter herbal medications or supplements have anti-clotting effects. There is an increased risk of bleeding.

**DO NOT TAKE ASPIRIN OR ANTI-INFLAMMATORIES (SPINE PROCEDURES):** Stop taking any aspirin, PLEASE CONSULT YOUR PRIMARY CARE OR CARDIOLOGIST TO DISCUSS TIME FRAME FOR D/C OF ASPIRIN. Anti-inflammatories medications need to be stopped for 1 week prior to all spine surgeries requiring fusions and 6 weeks after. Anti-inflammatories diminish the success of spine fusions.



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***Primary Care Appointment Needs to be Scheduled Within 30 Days of Surgery Date***

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**PRE-OPERATIVE CLEARANCE:** Hoag Memorial Hospital requires all surgical patient to have pre-operative clearance to state they are stable for the planned procedure. Patients need to be seen by their primary care physicians as well as any specialists that are involved in their care, ex: cardiologist, pulmonologist ect. It is patient's responsibility to provide information to all physicians currently involved in care. Patient must have the below labs drawn within a 6 month time frame from planned date of service (new labs may be required at physicians discretion). EKG's are required as well, EKG's need to be done within a 3 month time frame from planned date of service. Patient must be seen by each physician for clearance within a 30 day time frame to planned date of service (Hoag Hospital will not allow surgery to take place if consult date is ONE DAY off from 30 day window.) The below labs are what HOAG HOSPITAL requires patient to have drawn:

- CBC
- Basic Metabolic Panel
- Coagulation Studies PT PTT INR
- Urinalysis
- EKG
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**ARRANGE FOR A RIDE HOME:** You will need to arrange for a ride home from the hospital. If you are an Outpatient Surgery patient you will need someone with you for at least 24 hours after surgery.

**DISABILITY/FMLA:** Patient understand that all off work, employer forms, letters, FMLA documentation and other disability forms have a 2 to 3 week turnaround time and are subject to charges.

**INSURANCE AUTHORIZATION:** Dr. Robert Louis' staff will submit for prior authorization through patients insurance. It is patient's responsibility to contact insurance to confirm Dr. Robert Louis is in network as well as HOAG HOSPITAL and any other involved physicians for planned procedure. Please contact the number on the back of your insurance to confirm. Please provide your insurance with the planned date of service with the below provided Tax ID and NPI (national provider number). Your insurance will be able to use the below to confirm.

Dr. Robert Louis: NPI- 1033312608, TIN-33-0676831

HOAG HOSPITAL: NIP-1518951300, TIN-951643327

HOAG HOSPITAL BILLING LINE: (949) 764-4624

**PATIENT RESPONSIBILITY/COST:** For patient out of pocket expenses patients must contact insurance to ask what patient responsibility is for planned procedure. Patient may ask office for codes being used for procedure and call insurance requesting patient responsibility amounts.



**HOAG AFFILIATED PHYSICIAN:** Patient understands Dr. Robert G. Louis is a Hoag Affiliated physician and not a sole practitioner of Hoag Hospital. Charges and billing to insurance will be from Dr. Robert Louis' private practice: Robert G. Louis, MD INC.

**SURGERY DATE CHANGES:** Patient understands Dr. Robert G. Louis is an on call physician for Hoag Memorial Hospital. Patient understands surgery dates may change or be "bumped" for urgent surgical interventions that present to Hoag Hospital.

## **Do Not Drink any Alcohol 48 hours before and after surgery**

**EATING AND DRINKING:** Do not eat or drink anything after 12:00 midnight unless otherwise directed. Do not drink alcohol for 48 hours before surgery.

### **THE MORNING OF SURGERY...**

## **PRE-PROCEDURE/ SURGERY PATIENT INSTRUCTIONS**

**PATIENT:** Please arrive 2 hours prior to scheduled procedure.

### **DIETARY RESTRICTIONS:**

- **DO NOT EAT OR DRINK** after midnight the night before your procedure/surgery.

### **OTHER:**

- TAKE approved medications with only a sip of water (less than 1 ounce).
- WEAR comfortable, loose clothing to the hospital. If you are staying overnight, bring your robe, slippers, and toiletries. Your overnight bag should be left in your car and after your surgery a family member should bring to your once you are in your room
- DO NOT WEAR facial makeup and/or eye makeup. No powder, perfume, lotions or deodorant.
- LEAVE all valuables, including jewelry at home.
- Please shower with soap or antimicrobial agent in the morning of, or the night before your surgery.
- Please bring a written copy of current medication list.
- Please bring your insurance card and photo ID. Please bring money or credit card if you have a deductible or co-pay that has not been met.
- When you arrive please report to:
  - HOAG HOSPITAL NEWPORT BEACH-
    - 1 Hoag Drive  
Newport Beach, CA 92663
      - Park in the P1 parking structure. Enter Women's Pavilion and check in.
- If you are returning home the same day of your procedure/surgery, PLEASE ARRANGE FOR A RESPONSIBLE PERSON TO DRIVE YOU HOME. No public transportation such as Uber, Lyft, Taxi or buses are allowed unless accompanied with a responsible adult. It is recommended someone stay with you for 24 hours after your procedure. You should not drive or make critical decisions for 24 hours after procedure.
- YOU MAY BE ADMITTED to the hospital for overnight care due to unforeseen conditions.

THE Brain & Spine Center

Phone: 949.383.4185 Fax: 949.438.3835

3900 West Coast Highway Suite 300 Newport Beach, CA 92663

[www.brainspinemd.com](http://www.brainspinemd.com)



- **YOUR PROCEDURE MAY BE CANCELLED IF:**

- You do not follow dietary restrictions identified above.
- You arrive late to the hospital (must check in 2 hours prior to planned surgery start time).
- As an outpatient, you do not have a responsible person to accompany and drive you home.

If you have questions or concerns, please call Hoag Hospital Newport Beach (949) 764-8280

**AFTER SURGERY...**

**HOSPITAL ADMISSION:** Each procedure differs for possible admission timeframe depending on complexity of case. If after care is required (Skilled nursing, Home Health, ect) a case manager at Hoag Hospital will facilitate the transfer of care as well as authorization processes through insurance.

Thank you for allowing us to participate in your care

- Immediately post operatively if you would like to contact Dr. Louis please inform the nursing station
- You may also reach out to Dr. Louis' PA Diana Rubalcava.
  - Direct Line: 949-764-3563
  - Email: [diana.rubalcava@hoag.org](mailto:diana.rubalcava@hoag.org)

You may also call the main office line (949) 383-4185 during an emergency and press 3 to reach the surgeon on call