



Surgery Scheduling Information

Clare K. McCarthy, M.D.

Dr. McCarthy has recommended that you have surgery. As you think about when this will best fit into your schedule, please consider the following points.

- Dr. McCarthy operates Mondays, Fridays, and the 2nd and 4th Wednesdays of the month.
- She operates at both Fairview Southdale Hospital and at Crosstown Surgery Center, which is located on the 3rd floor of the Twin Cities Orthopedics clinic building, where you saw her for your appointment.
- The vast majority of cases she performs are same-day procedures and do not involve a hospital stay.
- If you take warfarin (Coumadin), have a body mass index (BMI) greater than 45, or have a pacemaker or defibrillator, you will need to have surgery at Fairview Southdale Hospital. If you have sleep apnea and use a C-PAP machine at home, please bring it with you to use after surgery.
- If you take aspirin, warfarin (Coumadin), clopidogrel (Plavix), or another blood-thinning medication, you will need to stop taking it 5 days prior to your surgery.
- You will need to arrive at either facility approximately 90 minutes prior to your scheduled surgery time to meet with the anesthesiologist and possibly get a nerve block.
- Following surgery, you will need to have someone drive you home and you will need to have someone stay with you for the first night.

When you are ready to schedule surgery, please contact Susan Roffers, Dr. McCarthy's care coordinator, via phone (952.456.7214) or email (susanroffers@tcomn.com). She will schedule your surgery, review your pre-operative instructions, and mail you a surgery packet. Please contact her also if you have any questions about the procedure Dr. McCarthy has recommended or the post-operative recovery.