

## Surgery Check List

**\*Please read through surgery packet prior to your surgery\***

- Schedule a pre-op physical** with your primary care physician 2-3 weeks out from your surgery date  
(EXCEL/Medicare outpatient cases **MUST** have pre-op physical done 21-29 days before surgery)
- The hospital/facility will call you 1-2 days prior to surgery to confirm arrival time and last minute instructions**
- Schedule 1 post-op appt.** Call 1-833-743-7300 to set this up with Maren Schults, PA-C.  
Post op #1: 10 – 18 days after surgery: \_\_\_\_\_
- \*If you are having a shoulder or knee manipulation, schedule your post-op appt for 4 weeks after the procedure.**
- Medications:** Please stop Aspirin, Ibuprofen, Aleve, Motrin, Celebrex, Naproxen, Fish Oil, Glucosamine, GLP-1s, any other weight loss medications **7 days** prior to surgery. **\*Please discuss any prescription medication with your prescribing doctor.\***
- Submit all FMLA/Short Term Disability to our office at fax # 763-302-2725 or [SaterbakACareTeam@tcomn.com](mailto:SaterbakACareTeam@tcomn.com). **Forms CAN NOT be emailed back so please include a return fax number on forms.** \*We **DO NOT** accept paperwork the day of surgery. **Paperwork WILL NOT be filled out the same day it is received (We have 7 business days to complete paperwork).** \*If forms are dropped off at a clinic please notify Sarah as she is at different locations each day.
- Physical therapy** to be scheduled by the patient: call **651-351-2602** to schedule at a TCO location
- **Total knee:** Outpatient physical therapy will start the week after surgery (1<sup>st</sup> appt on Monday or Tuesday).
  - **ACL Surgery:** Outpatient physical therapy should start 2-5 days after surgery.
  - **Rotator cuff surgery/total shoulder:** Physical therapy will start after first post-op appt.
  - **Manipulations:** Physical therapy should start the day after surgery
  - **All other surgeries:** \_\_\_\_\_
- Pain medication refills (please reference prescription policy in packet):
- Prescription request hours are Monday-Thursday 8am-3pm and Fridays 8am-Noon.\*
  - Please allow ample time to process the medication refill request.
- Any concerns before or after surgery should be directed to Dr. Saterbak's Care Team (Sarah S) during business hours @ 651-351-2618. Evenings and weekends we have an on-call physician available at 651-439-8807.

To review surgery documents, visit:  
**AndreaSaterbakMD.com**  
(Education Section)

