

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. Please note that pre-op physicals need to be within 30 days of the surgery.
- (EXCEL/Medicare outpatient cases **MUST** have pre-op physical done 21-29 days before surgery) The pre-op can not be done more than 30 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.
Post op #1: 14 days after surgery with Ashton Makwana, PA-C: _____
Post op #2: 6 weeks after surgery with Dr. Comfort: _____
- Medications: Please stop Aspirin, Ibuprofen, Aleve, Motrin, Celebrex, Naproxen, Fish Oil, and Glucosamine 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 #763-302-2729, **forms CAN NOT be emailed. 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 Hanna or Emily as we are 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 (1st appt on Monday or Tuesday). Schedule 2 sessions of physical therapy per week for 3 weeks.
 - **ACL Surgery:** Outpatient physical therapy should start 1 week after surgery.
 - **Shoulder Scope with Rotator Cuff Repair:** Hold Physical Therapy until 6 week post op visit.
 - **Shoulder Scope/Decompression:** Outpatient Physical Therapy to start after 2 week post op visit.
 - **Total shoulder:** Outpatient physical therapy should start 1 week after surgery.
 - **Manipulations:** Physical therapy should start the day after surgery.
 - **Total Hip/Hip Scope:** Physical Therapy as needed
 - **All other surgeries:** Physical therapy will be discussed at your first post op appointment.
- Total Joint Patients:** There is a total joint class offered at the location you are having surgery. These classes are now being done virtually due to COVID. Information will be sent to you by the facility you are having surgery at.
- Pain medication refills (please reference prescription policy in packet):
- Prescription pick up hours are Monday-Thursday 8am-3pm and Fridays 8am-Noon.*
 - **A written script must be picked up at one of our clinics for any narcotic medications.**
 - Please allow ample time to process this medication refill request.
- Any concerns before or after surgery should be directed to Dr. Comfort's Care Team (Hanna or Emily) during business hours @ 651-351-2653. Evenings and weekends we have an on-call physician available at 651-439-8807.