

## 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 cannot 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 post-op appts.** Call 1-833-743-7300 to set this up.  
Post op 2 weeks after surgery with Ashton Makwana, PA-C: \_\_\_\_\_  
Post op 6 weeks after surgery with Dr. Comfort: \_\_\_\_\_

- Medications: Please stop Aspirin, Ibuprofen, Aleve, Motrin, Celebrex, Naproxen, Fish Oil, and Glucosamine 10 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 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 2-3 days after surgery. Schedule 2 sessions of physical therapy per week for 4 weeks.
  - **ACL Surgery:** Outpatient physical therapy should start 1 week after surgery.
  - **Shoulder Scope with Rotator Cuff Repair:** Physical Therapy will be discussed at the 3-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 after your 2-week post op.
  - **Manipulations:** Physical therapy should start the day after surgery.
  - **Total Hip:** Physical Therapy as needed
  - **Hip Scope:** Physical Therapy will start after 2-week post op appointment
  - **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 refill hours are Monday-Thursday 8am-3pm and Fridays 8am-Noon.
  - 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) during business hours @ **651-351-2653**. Evenings and weekends we have an on-call physician available at **952-456-7777** and follow the prompts for on-call.