

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. The pre-op can not be done more than 30 days before surgery.

(EXCEL/Medicare outpatient cases **MUST** have pre-op physical done 21-29 days before surgery)

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The hospital/facility will call you 1-2 days prior to surgery to confirm arrival time and last-minute instructions.

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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: _____

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Medications: Please stop Aspirin, Ibuprofen, Motrin, Celebrex, Naproxen, Fish Oil, Glucosamine, GLP1's and any weight loss medications **10 days** prior to surgery. ***Please discuss any prescription medication with your prescribing doctor.***

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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 on 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*

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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.
- **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.
- **Manipulations:** Physical therapy should start the day after surgery.

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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.

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Any concerns before or after surgery should be directed to Dr. Comfort's Care Team (Hanna) during business hours at **651-351-2653**. Evenings and weekends we have an on-call physician available at **952-456-7777** and follow the prompts for on-call.

To review surgical documents, visit

ThomasComfortMN.com

(Education Section)

