



## Dr. Andrea Saterbak Surgery Checklist

**\*Please read through surgery documents prior to surgery\***

Surgery: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_

To review surgery documents, visit:

[AndreaSaterbakMD.com](http://AndreaSaterbakMD.com)

(Education Section)



**Schedule PRE-op Physical** with Primary Care

- Within 30 days (**2-3 weeks** before surgery)
- **EXCEL cases – 21-29 days** before surgery

Fax Number: \_\_\_\_\_

The facility will contact you **1-3 days** before surgery to confirm arrival time and last-minute instructions.

**Schedule 1<sup>st</sup> POST-op Appointment**

- **10-18 days** after surgery with **Maren Schultz, PA-C**
- To scheduled, call **952-456-7777**

**Medications to stop**

Stop the following medications **7 days** before surgery:

- **Anti-inflammatory/blood thinning medications:** Aspirin, Ibuprofen (Advil/Motrin), Naproxen (Aleve), Celebrex, Toradol, Fish Oil, Vitamin E, Glucosamine
- **Weight-loss or Diabetic medications:** Ozempic, Wegovy, Trulicity, Bybureon, Mounjaro, Byetta, Saxenda, Victoza, Rybelsus, other GLP-1s

**\*Please discuss any prescription medications or supplements with your prescribing doctor\***

**Submit all Paperwork**

(FMLA or Short-Term Disability Paperwork)

- May be dropped off, faxed to **763-302-2725**, or emailed to **SaterbakAcareteam@TCOmn.com**
- **Please include return fax number/email**
- We **DO NOT** accept paperwork the day of surgery
- Paperwork may take up to **7 business days** to complete
- Check with your HR department to ensure receipt of your paperwork

**Cold-Compression/Icing Machine Rentals**

Abbey (the rep. with NEU Medical) should contact you a couple weeks before surgery to discuss renting the NICE1 cold-compression machine for about 4 weeks post-surgery, which helps with pain/swelling management. If you do not hear from Abbey, please give her a call at **651-587-4448**.

**Physical Therapy**

To schedule at a TCO location, call **651-351-2602**

- **Knee Replacements:** Starts 4-7 days after surgery \*PT must be done at TCO for all EXCEL cases\*
- **ACL surgery:** Starts 1-2 days after surgery
- **Rotator Cuff/Total Shoulder Replacement:** Starts after first post-op appt. (~2 weeks after surgery)
- **Manipulations:** Starts the day after surgery
- **All other surgeries:** Therapy will be discussed at the first post-op appt. (~2 weeks after surgery)

**Pain Medications**

(Reference **Narcotics/Prescription Policy**)

- Please allow **1-2 business days** to process medication refill requests
- Due to insurance requirements, you may need to **pay out-of-pocket for medication refills**
- Refill requests are **NOT** processed on the weekend

**Out-patient & EXCEL cases** – Pick-up medications before surgery (they will be sent 1-2 **business days** before surgery)

**\*Do NOT start taking these until after surgery\***

**CT Scan**

- Required for all **EXCEL robotic cases** between **2 and 8 weeks** before surgery
- Order will be sent to **RAYUS Radiology** (let us know if this is out-of-network)
- To schedule with RAYUS, call **952-541-1840**

**Insurance Approval**

Our prior authorization team will obtain approval from your insurance company for your surgery (between 1-3 weeks before). If there are any issues, our office will contact you.

Watch for a confirmation email (check your spam/junk) with additional documents from **SaterbakAcareteam@TCOmn.com**

Questions or concerns before or after surgery should be directed to Dr. Saterbak's Care Team during business hours at **651-351-2618** or **SaterbakAcareteam@TCOmn.com**.

For evenings and weekends, we have an on-call physician available at **651-439-8807**.