

Dr. Andrea Saterbak Surgery Checklist

Please read through surgery documents prior to surgery

Surgery: _____

Location: _____

Date: _____

To review surgery documents, visit:

AndreaSaterbakMD.com

(Education Section)



Schedule PRE-op Physical with Primary Care

- **2-3 weeks** before surgery
- **EXCEL cases – 21-29 days** before surgery

The facility will contact you **1-2 days** before surgery to confirm arrival time and last-minute instructions.

Schedule 1st POST-op Appointment

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

For shoulder and knee manipulations ONLY, schedule your post-op for 4 weeks after surgery

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

Physical Therapy

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

- **Total/Partial Knee Replacements:** *Therapy should start 4-7 days after surgery (2x/week for 5-6 weeks)*
PT must be done at TCO for all EXCEL cases
- **ACL surgery:** *Therapy should start 1-2 days after surgery*
- **Rotator Cuff/Total Shoulder Replacement:**
Therapy should start after first post-op appointment
- **Manipulations:** *Therapy should start the day after surgery*
- **All other surgeries:** *Therapy will be discussed at the first post-op appointment*

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**
- Prescription refill requests are **NOT** processed over the weekend

Out-patient & EXCEL cases – Pick-up medications before surgery (they will be sent 1-4 days prior to surgery)

Do NOT start taking these until after surgery

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.

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**

Any 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**.