



Dr. Andrea Saterbak Surgery Checklist

Please read through packet prior to your surgery

- Schedule a pre-op physical** with Primary Care Physician **2-3 weeks** before surgery date
(EXCEL cases **MUST** have pre-op physical done **21-29 days** before surgery)
- The hospital/facility will contact you 1-2 days prior to surgery to confirm arrival time and last-minute instructions**
- Schedule 1st post-op appt** with **Maren Schultz, PA-C** – Call **952-456-7777** to schedule
Post-op #1: 10 – 18 days after surgery: _____
If you are having a shoulder or knee manipulation, schedule your post-op appointment for 4 weeks after surgery
- Medications:** Please stop anti-inflammatory and weight-loss medications **7 days** prior to surgery
 - Anti-inflammatory medications: Aspirin, Ibuprofen, Aleve, Motrin, Celebrex, Naproxen, Fish Oil, and Glucosamine
 - Weight-loss medications: Ozempic, Wegovy, Trulicity, Bybureon, Mounjaro, Byetta, Saxenda, Victoza, and Rybelsus***Please discuss any prescription medications 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 a return fax number/email on forms**
 - 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** – call **651-351-2602** to schedule at a TCO location
 - **Total/Partial knee surgery:** Physical Therapy will begin the week after surgery
1st appt on Monday or Tuesday – Schedule 2 sessions of Physical Therapy per week for 5-6 weeks
 - **ACL surgery:** Physical Therapy should begin 1-2 days after surgery
 - **Rotator cuff/Total shoulder surgery:** Physical Therapy will begin after first post-op appointment
 - **Manipulations:** Physical Therapy should begin the day after surgery
 - **All other surgeries:** Physical Therapy will be discussed at your first post-op appointment
- Pain medication refills** (please reference *Narcotics/Prescription Policy* in packet):
 - 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
 - **EXCEL cases** – Pick-up medications the Friday before surgery
- Total Joint Patients:** There is a total joint class offered by the facility you are having surgery at. These classes are done virtually. Information will be sent to you by the facility.
- Insurance Approval:** We have a team that obtains approval from your insurance company for your surgery. If there are any issues, our office will contact you.
- Any questions or concerns before or after surgery should be directed to Dr. Saterbak's Care Team (Nick Thorn) 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**.