

# SURGERY

## PREPARATION GUIDE



KLEINERT KUTZ  
SURGERY CENTER  
(812) 981-4747

# KLEINERT KUTZ SURGERY CENTER PREPARATION GUIDE

This guide will provide you with information about your surgery preparation. Please read this booklet carefully prior to your surgery.

## Your pre-operative examination

will be given on:

\_\_\_\_\_ at the

New Albany office

Chamberlain Pointe

Downtown Louisville office

East Louisville office

## Your surgery is scheduled on:

\_\_\_\_\_

*The Kleinert Kutz Surgery Center will call you with your arrival time 48 hours prior to your scheduled surgery.*

## Your surgeon \_\_\_\_\_

### Please inform us if you are:

- Diabetic • Pregnant (or may be pregnant) • Allergic to Latex, eggs or soybeans
- Taking Aspirin prescribed by your cardiologist or family MD
- Taking Coumadin or a blood thinner prescribed by your MD
- Taking any prescriptions, over-the-counter diet or herbal pills
- Taking steroids (i.e. Prednisone) or extra Vitamin E
- Being treated for heart condition or have experienced chest pain

### Please inform us if you have:

- High blood pressure • Sleep apnea • A change in your health (flu, cold, etc.)
- A pacemaker, stint coronary artery bypass or angioplasty
- An artificial joint, orthopedic implant, heart valve, etc.
- An open wound on your body such as a cat scratch or burn (for your safety, surgery may need to be rescheduled)
- BMI - 40 or over

**Please call before the day of your surgery if there are any changes in your health (cold, flu, etc.) 812-981-4732**

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## **SURGERY INSTRUCTIONS**

### **2 WEEKS BEFORE SURGERY:**

If you are taking aspirin, Coumadin, Plavix, Pradaxil or any blood thinners prescribed by a physician, please:

1. Contact your prescribing physician to obtain instructions on whether to stop or continue the medication through surgery; and
2. Consult your Kleinert Kutz surgeon for their preferences at your pre-surgical appointment.
3. Stop all herbal products (i.e. ginkgo, garlic, fish oils, etc.)
4. Do not take any prescribed or over-the counter diet medications.
5. Do not take Vitamin E.

### **4 DAYS BEFORE SURGERY:**

Do not take anti-inflammatory drugs such as Motrin, Ibuprofen, or Naprosyn.

### **2 DAYS BEFORE SURGERY:**

- Gently wash the surgery site two times per day for approximately 5 minutes with soap that you usually use (unless surgical site is covered by cast). **Do not scrub.**

### **NIGHT BEFORE SURGERY:**

- **Do not eat or drink anything after midnight, unless otherwise instructed.**
- Please clean under your nails, trim your nails and remove all fingernail polish.
- Acrylic nails must be removed.
- Take a bath or shower and wash your hair.

### **DAY OF SURGERY:**

Please arrive at the Kleinert Kutz Surgery Center on time and accompanied by a responsible driver (age 18 or older). Surgery will be rescheduled if your driver does not remain at the surgery center during your procedure. Do not wear eye makeup. If the procedure is being performed on your child, you may want to bring a favorite toy or blanket for them, along with a complete change of clothing, a pacifier and diapers.

- **Do not** take your insulin or oral hypoglycemic medication the morning of surgery. **Please bring your Insulin or oral diabetes medication with**

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## SURGERY INSTRUCTIONS CONT.

**you to the Kleinert Kutz Surgery Center on the day of your surgery.**

These medications will be given to you after surgery when you are able to eat and drink.

- Take all blood pressure, heart and acid reflux medications prior to surgery with a **sip** of water the morning of your surgery.
- You may brush your teeth, but **do not swallow water.**
- **Do not** eat mints or chew gum. • **Do not** bring cash or other valuables with you.
- Remove all jewelry and body piercing (leave jewelry at home).
- Bring glasses, glass case or contact case, and hearing aids.
- Bring any special items that you were instructed to purchase.
- Wear loose fitting, comfortable clothing that can be easily stored during surgery and will easily fit over a cast or dressing.
- Place a pillow in the car to elevate your extremity on the way home.
- We will make every effort to provide your surgical care in a timely manner; however, it is possible that your surgery may be delayed due to patient care.
- If you have a c-pap machine, bring it with you.
- **Please bring your insurance card, photo ID and Living Will with you.**
- Mask and social distancing required.
- By law, you will not be able to drive for 24 hours.

## SURGERY AND TREATMENT INSTRUCTIONS

Please read these instructions carefully. If you have any questions about your surgery arrangements, please contact our facility at (812) 981-4747. We have reserved surgical time for your procedure. If you find it necessary to cancel or reschedule for any reason, please call us immediately. There is often more than one surgeon performing surgery on a daily basis at the Kleinert Kutz Surgery Center. This may result in patients taken to surgery out of the order of arriving to the center. Patients are seen based on scheduled surgery time, not upon arrival, excluding emergencies. On the morning of surgery, you will meet an anesthesiologist who will provide your pre-operative anesthesia care. Many questions will be repeated as personnel familiarize

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## **SURGERY AND TREATMENT INSTRUCTIONS CONT.**

themselves with your medical history and scheduled surgery. Please do not be alarmed by the repeated questions. The Kleinert Kutz Surgery Center uses this system in order to provide the most thorough health care available.

### **DURING SURGERY**

While you are in surgery, our highly qualified surgical staff will provide the finest care possible ensuring your comfort and well-being. Your family may remain in the surgery waiting area during your surgery and will be informed of your condition. **Parents of children are required to remain in the facility during surgery.**

### **POST OPERATIVE**

- Please **do not remove or change your dressing** after surgery unless otherwise instructed.
- **Do not remove your cast or splint** after surgery.
- **Do not get your cast, splint or dressing wet.**
- **Do not get your stitches wet.**
- You will need to keep the surgical site covered during bathing to prevent the area from getting wet.
- After your surgery, you will be given specific postoperative instructions from the Kleinert Kutz Surgery Center. Please take these instructions home and read them thoroughly.

### **AFTER LEAVING THE SURGERY CENTER – THERAPY/ORTHOTICS**

If you require a brace or splint adjustment/fabrication or physical therapy, please call the Therapy or Orthotics Department to schedule an appointment for the same day as your first postoperative office visit. If you have a brace or splint, please bring it to your appointment. For services at our Downtown Louisville, East Louisville or New Albany office, please call:

**Therapy Department (502) 561-4295**

**Orthotics/Brace Department (502) 561-4236**

# KLEINERT KUTZ SURGERY CENTER PREPARATION GUIDE

## BILLING

You may receive up to three separate bills following the surgical procedure:

1. *Surgeon's bill from Kleinert Kutz for the physician performing the procedure.*
2. *Anesthesia bill for administering the anesthesia during your procedure.*
3. *Facility fee from Kleinert Kutz Surgery Center.*

## INSURANCE

Please call your insurance company to check your benefits. Find out if the surgeon and surgery center are contracted with your insurance carrier. If your surgery requires prior authorization, a second surgical opinion or a referral from a primary care physician, it's your responsibility to contact our surgery scheduling office at (812) 981-4725 BEFORE surgery occurs.

## COMPLAINTS/CONCERNS

The Kleinert Kutz Surgery Center's mission is to provide outstanding care to those it serves. If your service was less than satisfactory or if you have concerns or suggestions, we encourage you to contact the Director of the Surgery Center at 812-981-4750.

## ADVANCE DIRECTIVES

The Kleinert Kutz Surgery Center does not accept Advance Directives. In an emergency or life-threatening situation, it is our policy to transfer patients via EMS to a hospital, and any associated Advance Directive will transfer with the patient.

The Indiana State Department of Health brochure about Advance Directives, Living Will and Life-Prolonging forms are available at the Reception Desk in English and Spanish on request.

## CONTACT US

- Surgery Center Main Line (812) 981-4747
- Appointments - Central Scheduling (502) 561-4200
- Surgery Scheduling (812) 981-4725
- Pre-Surgical Testing (812) 981-4732
- Therapy Appointments (502) 561-4295
- Orthotics/Brace Appointments (502) 561-4236
- Patient Medical Questions (502) 561-4215
- Kleinert Kutz Main Line (800) 477-4263
- [www.kleinertkutz.com](http://www.kleinertkutz.com)

# KLEINERT KUTZ SURGERY CENTER PREPARATION GUIDE

## Kleinert Kutz Surgery Center

3605 Northgate Court, Suite 101 • New Albany, Indiana 47150

(812) 981-4747



### From I-65

#### In Kentucky:

Proceed on **I-65** across the Kennedy Bridge (toll bridge). Follow the directions below from Indiana.

#### In Indiana:

Take **Exit 6B** (I-265 West)  
To **Exit 3** (Grant Line Rd/Rte 111)  
Turn **L** on Grant Line Road  
Turn **L** Northgate Blvd  
Turn **L** on Northgate Court

### From I-71 South

#### In Kentucky:

Take the **I-64 West** exit.  
Continue across the Sherman Minton Bridge. Follow the directions below from I-64.

### From I-64

#### In Indiana:

Take **Exit 121** (I-265 East)  
To **Exit 3** (Grant Line Rd/Rte 111)  
Turn **R** on Grant Line Road  
Turn **L** on Northgate Blvd  
Turn **L** on Northgate Court

### From I-265 North (Gene Snyder)

#### In Kentucky:

Take Gene Snyder North  
Continue to the East End, Lewis and Clark Bridge (toll bridge).  
Continue on I-265 West. Follow the directions from Indiana.



# KLEINERT KUTZ

## Hand Care Center

### LOCATIONS OF KLEINERT KUTZ OFFICES

#### **New Albany, IN**

3605 Northgate Court, Suite 102 • New Albany, IN 47150 • (812) 944-4263

#### **Downtown Louisville, KY**

225 Abraham Flexner Way, Suite 700 • Louisville, KY 40202 • (502) 561-4263

#### **East Louisville, KY**

3900 Kresge Way, Suite 43 • Louisville, KY 40207 • (502) 561-4263

#### **Chamberlain Pointe**

4642 Chamberlain Lane, Suite 202 • Louisville, KY 40241 • (502) 561-4263

#### **Lexington, KY**

230 Fountain Court, Ste 375 • Lexington, KY 40509 • (859) 264-9606

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*for* AMBULATORY HEALTH CARE, INC.

### KLEINERT KUTZ SURGERY CENTER SURGEONS

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