



Kleinert Kutz Hand Care

# Surgery Preparation Guide

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

[UofLHealth.org](http://UofLHealth.org)

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The physicians and staff of UofL Physicians - Kleinert Kutz Hand Care have developed this guide to provide you with information regarding your surgery preparation. Please take time to read all the information provided in this guide prior to the date of your surgery. If you have any questions, our staff will be glad to assist you.

Before your scheduled surgery day, a Preoperative Examination will be given on \_\_\_\_\_ at the:

- New Albany office
- Chamberlain Pointe office
- Downtown Louisville office
- East Louisville office
- Hospital

Your surgery is scheduled for \_\_\_\_\_ at:

- UofL Health – Abraham Flexner Outpatient Center  
225 Abraham Flexner Way, Louisville, KY 40202  
If you are pre-registered, report directly to the second floor.
- UofL Health – Chestnut Street Outpatient Center  
401 E. Chestnut Street, Louisville, KY 40202

Please plan to arrive at \_\_\_\_\_  a.m.  p.m.  
on the day of your surgery.

You are scheduled as:  Outpatient  23-hour admit  
 Postoperative admission (see glossary)

Your surgeon is:

- Galen Robert Cummings, D.O.
- Yousif El-Gammal, M.D., MSc
- Elkin Galvis, M.D.
- Rodrigo Moreno, M.D.
- Tuna Ozyurekoglu, M.D.
- Michelle Palazzo, M.D.
- Monica Pecache, M.D.
- Sunil Thirkannad, M.D.
- \_\_\_\_\_
- \_\_\_\_\_

Please arrange for a responsible adult to accompany you to and from the surgery center on the day of your surgery. Surgery will be canceled if you do not have someone to drive you home.

If you find it necessary to cancel or reschedule your surgery for any reason, please call us immediately at 502-561-4218.

If you have a medical question regarding your surgery, please call us at 502-561-4215.

**Downtown**

225 Abraham Flexner Way  
Suite 700  
Louisville, KY 40207  
502-561-4263

**East Louisville**

4010 Dupont Circle  
Suite 308B  
Louisville, KY 40207  
502-561-4263

**Chamberlain Pointe**

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

**New Albany, IN**

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

**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 physician
- Taking coumadin or any blood thinner prescribed by your physician
- Taking any prescriptions, over-the-counter diet pills or herbal preparations
- Taking steroids (i.e., prednisone) or extra Vitamin E
- Being treated for a heart condition or have experienced chest pain.

**Please inform us if you have:**

- High blood pressure
- A pacemaker/defibrillator
- Sleep apnea
- An open wound on your body such as a cat scratch or burn (for your safety, surgery may need to be rescheduled)
- An artificial joint, orthopedic implant, heart valve, etc.
- A change in your health (flu, cold, etc.)
- Had a stroke, seizure, heart attack and/or kidney disease

You should be contacted by pre-registration prior to surgery. If you do not hear from them report to Registration on the first floor the day of your surgery.

**Pre-Registration: 502-587-4374**

**Pre-Surgical Phone Evaluation: 502-587-4642**

Option #1: UofL Health – Abraham Flexner Way Outpatient Center

Option #2: UofL Health – Jewish Hospital

Notes:

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**Frequently Called Numbers**

- Appointments: 502-561-4200**
- Billing/Insurance: 502-561-4266**
- Surgery Scheduling Office: 502-561-4218**
- Therapy Appointments: 502-561-4295**
- Orthodontics/Brace Appointments: 502-561-4236**
- Patient Medical Questions: 502-561-4215**

## Glossary Terms

**Preoperative Examination:** Regardless of general health, a physical examination is necessary for all patients having surgery. Medical history, medications and present condition must be documented. The surgeon or assistant is required to perform the physical exam. The preoperative exam is done in the office approximately 1-14 days prior to surgery.

**Pre-Admission Testing and Hospital Registration:** After your preoperative examination in the surgeon's office, you will be sent immediately to the hospital for lab work and other tests that may be required prior to your surgery. This will give the anesthesiologist and the surgeon time to review your tests prior to the surgery date. Some abnormalities may indicate the need to cancel surgery.

You will also speak with a nurse and register your insurance information with the hospital. We recommend pre-surgery testing and hospital registration be done prior to your surgery date. This will make your visit less hectic.

**Outpatient:** You will arrive at the hospital the morning of surgery and will be permitted to go home after surgery. Your surgery will be approximately 1 to 2 hours after your arrival time. There will be a brief recovery period of 1 to 2 hours following surgery. If you live more than 50 miles from the facility where your procedure will take place, you may want to make hotel arrangements for the night following surgery.

**23-Hour Overnight Extended Care:** Surgery is scheduled on an outpatient basis, and you will be placed in a hospital room to receive extended care for a period not to exceed 23 hours. On the morning of your surgery, the procedure will begin approximately 1 to 2 hours after your arrival. There will be a short recovery period following surgery; you will then be taken to a hospital room. The 23-hour period begins at the time of your registration. The purpose of 23-Hour Overnight Extended Care is to allow the physician to provide extended postoperative care for outpatients who do not require a hospital admission, without initiating the cost of an admission. There is a prorated charge for this care. If for any reason you are unable to leave the hospital at the end of your 23-hour period, our physician will admit you to the hospital, and regular charges will apply for the entire length

of your postoperative visit. If your insurance requires authorization for a hospital admission, it is your responsibility to tell the nurse on duty at the hospital.

**Postoperative Admission:** You will arrive at the hospital the morning of surgery and will be admitted to the hospital immediately following your procedure. There will be a recovery period following surgery, and you will then be taken to a hospital room.

**Anesthesiologist:** A medical doctor who specializes in anesthesiology. If your surgery requires anesthesia, you will have an opportunity prior to surgery to speak with the anesthesiologist about your anesthesia. You will receive a separate bill from the anesthesiologist for services.

**Surgical Assistant:** A medical doctor who assists your surgeon during surgery. If a surgical assistant participates in your surgery, you will receive a separate bill for their services.

## Surgery Instructions

### 2 weeks before surgery

- **Regarding any blood thinners**, please contact your prescribing provider to obtain instructions on when or if you should stop your blood thinner before surgery.
- Stop all herbal products (i.e., ginkgo garlic, fish oils, flax seed oil, turmeric, etc.).
- Do not take any prescribed or over-the-counter diet medications.
- Do not take Vitamin E.

### Four days before surgery

- Do not take anti-inflammatory drugs such as Motrin,<sup>®</sup> ibuprofen, Advil,<sup>®</sup> naproxen or Aleve.<sup>®</sup>
- OK TO TAKE TYLENOL.<sup>®</sup>

### Two days before surgery

- Gently wash the surgery site two times per day for approximately 5 minutes with soap that you usually use. Do not scrub.

### Night before surgery

- DO NOT EAT ANYTHING 8 HOURS PRIOR TO SURGERY ARRIVAL TIME UNLESS OTHERWISE INSTRUCTED. You may be allowed specific drinks 2 hours prior to surgery.

### Miscellaneous

- Please trim your nails and remove all fingernail polish. Remove all acrylic nails.
- Bring insurance card and photo I.D. to surgery.
- Adults must have a ride after surgery, 18 or older.

### Children

- Children having surgery should be accompanied by 2 adults.
- Children ages 1 year to 3 years may have formula or breast milk up to 6 hours prior to surgery. Clear liquids such as water or apple juice may be taken up to 3 hours prior to surgery.
- Parents must supply formula and diapers for a child's stay.

### Day of surgery

- Please arrive on time with your surgery papers. Surgery may be delayed or canceled for those arriving late. If the procedure is being performed on your child, you may want to bring a favorite toy or blanket for your child, along with a complete change of clothing, an empty bottle, formula, pacifier and diapers.
- A nurse will call and go over your medications before your procedure.
- Insulin-dependent diabetics should notify the provider who is treating them for diabetes that they are having surgery. Your diabetes provider should tell you if you should or should not take insulin prior to surgery.
- You may brush your teeth, but do not swallow water.
- Do not eat mints or chew gum.
- Remove all jewelry and body piercings (leave jewelry at home).
- Do not bring cash or other valuables with you.
- Bring glasses, glass case or contact case and hearing aids.
- Bring any special items 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 your surgery may be delayed due to emergency cases. We recommend you bring reading material and be prepared to remain at the facility for the entire day.**



## **Surgery And Treatment Instructions**

Please read these instructions carefully. If you have any questions about your surgery arrangements, please contact our office at 502-561-4218. 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 hospital. This may result in patients taken to surgery out of the order of facility arrival. Patients are seen based on scheduled surgery time, not upon arrival, excluding emergencies.

On the morning of surgery, several professionals, including anesthesia personnel and nurses, will see you. Each of these professionals has a specific responsibility to provide the care you need before, during and following surgery. Many questions will be repeated as personnel familiarize themselves with your medical history and scheduled surgery. Please do not be alarmed by the repeated questions.

### **During Surgery**

While you are in surgery, your family may remain in the surgery waiting area. They will be informed of your condition during your procedure. Your family members may join you in the recovery area as soon as you are awake.

### **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 postoperative instructions from the hospital. Please take these instructions home and read them.

## After Leaving the Hospital

### 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**

### Billing

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

1. Surgeon's bill from UofL Physicians – Kleinert Kutz Hand Care for the physician performing the procedure.
2. Pathology, Laboratory, Durable Medical Equipment, or a Surgical Assistant's bill (should your procedure require any of these) would be billed separately from the Hospital's arranged contracts.
3. Hospital bill for all the hospital charges.
4. Anesthesiologist's bill for administering the anesthesia during your procedure.

### Insurance

Please call your insurance company to check your benefits. Find out if the surgeon, anesthesiologist and hospital are contracted with your insurance company. If your surgery requires prior authorization, a second surgical opinion or a referral from a primary care physician, it is your responsibility to contact our surgery scheduling office at 502-561-4218.



## UofL Physicians - Kleinert Kutz Hand Care Office Locations

### DIRECTIONS

➤ **From 1-64:**

**Exit at 5A** (1-65 South) and follow directions below:

➤ **Driving South on 1-65:**

**Exit at 136C** (Jefferson Street). Veer right at the fork and continue on Jefferson Street.

**Turn Left** on First Street.

**Turn Left** on Chestnut Street. **Turn Left** on Brook Street.

**Turn Right** immediately after Abraham Flexner Way behind the Rudd Heart and Lung Center. Follow the signs to the Patient Parking Garage.

➤ **Driving North on 1-65:**

**Exit at 136C** (Muhammad Ali Blvd).

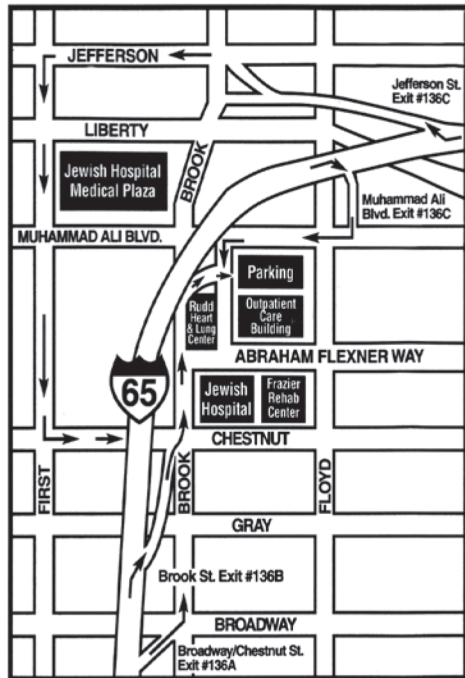
**Turn Right** on Muhammad Ali Blvd.

**Turn Left** into Jewish Hospital campus. Proceed to the Patient Parking Garage.

**OR**

**Exit at 136B** (Brook Street).

**Turn Right** immediately after Abraham Flexner Way behind the Rudd Heart and Lung Center. Follow the signs to the Patient Parking Garage.



#### DOWNTOWN

225 Abraham Flexner Way, Suite 700  
Louisville, KY 40202

#### EAST LOUISVILLE, KY

4010 Dupont Circle, Suite 308B  
Louisville, KY 40207

#### NEW ALBANY, IN

3605 Northgate Court, Suite 102  
New Albany, IN 47150

#### CHAMBERLAIN POINTE

4642 Chamberlain Lane, Suite 202  
Louisville, KY 40241

**502-561-4263**