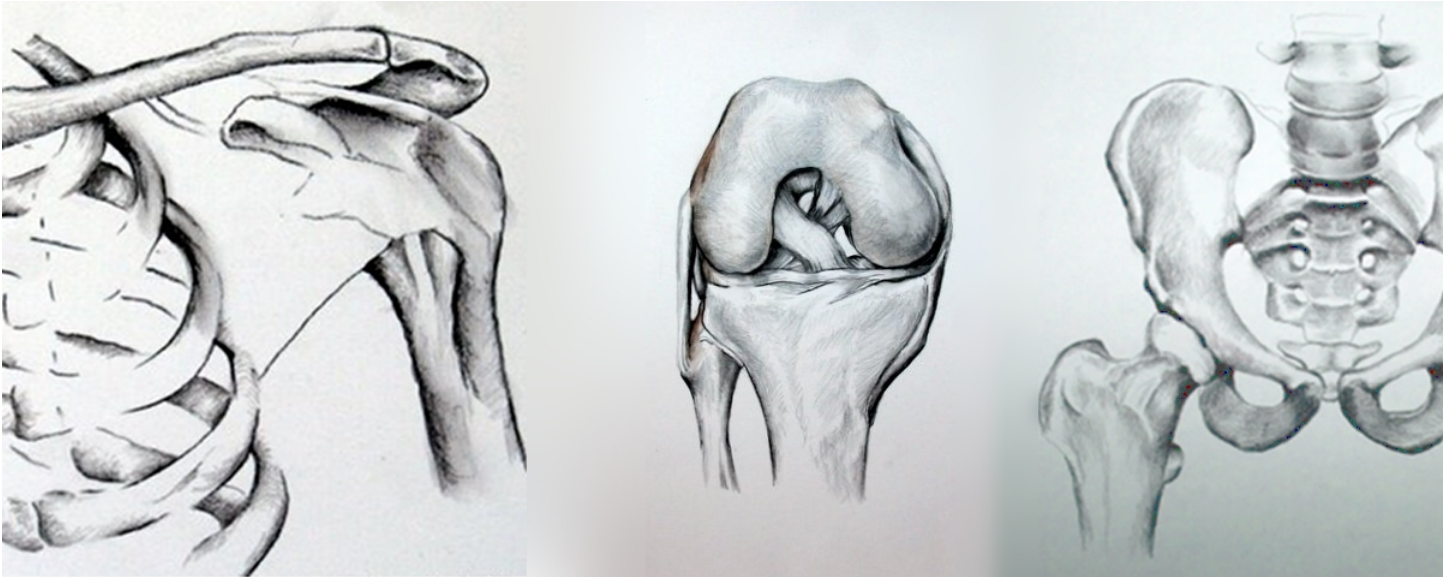


## Surgery Packet for



BENJAMIN M. PETRE, MD  
ORTHOPEDIC AND SPORTS MEDICINE SURGEON



**The  
Orthopaedic  
and Sports  
Medicine Center L.L.C.**

*Leaders in Specialty Orthopaedic Care*

# Patient's Checklist for

Please complete these tasks before the deadlines below

## Scheduling Surgery and Pre Surgery Appointments

- Dr. Petre operates at Anne Arundel Medical Center. Please look at your calendar carefully and contact \_\_\_\_\_ at \_\_\_\_\_ to schedule a surgical appointment.
  - If your surgery is a Workman's Compensation case we will call you to schedule your surgery, once authorization has been obtained.
  - Answer all of the following questions with Dr. Petre's Scheduler and write down the answers here:
  - Your surgery has been scheduled for \_\_\_\_\_ at Anne Arundel Medical Center.
  - Your pre-operative appointment is on \_\_\_\_\_ at \_\_\_\_\_ am/pm with Dr. Petre in our \_\_\_\_\_ office. This is a mandatory visit. If you miss this appointment your surgery will need to be rescheduled.
  - Pre-operative testing may be required by \_\_\_\_\_.**
  - Medical Clearance may be required by \_\_\_\_\_.**
  - Cardiac Clearance may be required by \_\_\_\_\_.**
  - All clearances and pre-operative testing, if necessary, **MUST BE COMPLETED PRIOR** to your pre-operative appointment with Dr. Petre.

## To Do between scheduling surgery and the Pre Op Appointment

- Get all your medical clearances as described above
- Collect all your reports from medical clearances and BRING them with you to the pre-surgery appointment
- Read this entire packet and bring your questions with you to the pre-surgery appointment or email questions
  - The Pre-Surgery packet can also be read at <http://drpetre.com/preop>
  - Post Surgery packets can be found at <http://drpetre.com/documents>
- Make your appointment with physical therapist for the day after your surgery
- Consider making or updating your living will and/or health care proxy. Many websites are excellent at helping with this including <http://www.legalzoom.com/living-wills/living-wills-overview.html>
- Read about your condition, surgery and recovery at:

## To do at your Pre Op Appointment or between the appointment and your surgery:

- Review the surgery risks, benefits, and alternatives
- Review and signed informed consent
- Review the pre surgery and post surgery instructions
- Get your CHG soap from Dr Petre's team
- Get your post surgery prescriptions
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Dear \_\_\_\_\_,

Thank you for choosing Dr Ben Petre and the team at OSMC for your orthopedic surgery. To ensure a successful outcome Dr. Petre recommends that you follow a specific set of pre-operative and post-operative instructions and guidelines set forth by his medical and rehabilitation team. You will find all of these instructions and the rehabilitation protocol included in this packet.

Typically, Dr. Petre will have you schedule a follow-up medical appointment at **2, 6, and 12** weeks after your surgery date. At these appointments Dr. Petre will re-evaluate your progress, assess range of motion, and possibly strength in order to determine if you are appropriate for progressing to the next phase of your post-operative rehabilitation.

Before your surgery, **you should schedule your first appointments with physical therapy** to begin the day after your surgery unless otherwise instructed. Please let Dr. Petre's team know when and where your post operative rehab will be so he can see you in rehab if he is available. At your first PT visit, your physical therapist will meet with you to answer your questions, review your progress, modify your current program if needed, and progress you to the next phase of your post-operative rehabilitation program if appropriate. This appointment is a valuable and important component of your post-operative recovery to ensure a successful outcome following your orthopedic surgery.

Please read this entire packet before surgery so you are well informed about the post-operative recovery process, wound care, medications, physical therapy, etc prior to the procedure. Most of this information is also located on my website <http://drpetre.com>.

The best way to choose a good doctor is to find out what others think about them. If you have a good experience with Dr. Petre and his team, **please share your experience with others both in person and online (healthgrades.com, vitals.com or angieslist.com).**

Thank you, we look forward to helping you during your recovery and return to activity!

Sincerely,



*Benjamin M Petre, MD*

*2000 Medical Parkway, Suite 101*

*Annapolis, MD 21401*

*410-280-4717*

<http://drpetre.com>

# Preparing for Surgery

## What to do to prepare for your surgery

If Dr Petre has recommended surgery as your treatment, he and his team will support you through this process and your recovery. It is important to prepare for your surgery as best you can in order to minimize your down time.

### *Pre-Operative Visit*

Before your surgery, Dr Petre would like you to schedule a pre-operative office visit. There are a number of goals for this visit:

- Dr Petre will re-examine you and confirm your need for the procedure
- The procedure, risks, benefits, alternatives to surgery will be reviewed
- You may receive your post-operative instructions and any necessary prescriptions including your pain prescription
- The logistics of your surgery day will be reviewed including where and when to arrive, when to stop eating before your surgery, how long to expect to be in the hospital, and what to expect on the day of surgery. **If you did not receive specific instructions regarding eating and drinking, STOP eating at midnight before your surgery.**

### *Pre-Operative Medical Clearance*

Often, we will order routine labs including blood work and urine tests prior to surgery. Dr Petre may also ask you to see your internist and possibly your cardiologist for their preoperative recommendations and clearance if you meet any of these following criteria:


- Age 55 or more
- Previous history of problems with anesthesia
- Previous history of any cardiac (heart) problems including heart attack, arrhythmia, chest pain, previous heart or lung surgery, etc.
- Bleeding or blot clot history
- Lung problems such as asthma, cystic fibrosis, restrictive lung disease, etc.

### *General Recommendations:*

- It is important to drink a lot of water the day before your surgery to prevent dehydration
- Get plenty of sleep
- Know where you are going in the morning, maps and directions are available to our surgery locations here
- Be available on the phone number you provided, occasionally schedules change and we may want you to arrive earlier or later than originally planned.
- You are not allowed anything by mouth after midnight prior to your surgery, that includes water, gum, candy, mints, medication, etc., unless you are given other instructions from your physician or the hospital.
- Do not smoke or drink alcoholic beverages 24 hours prior to your procedure.

## Where Should I go for my surgery?

Surgery will either be scheduled at the Edwards surgical Pavilion or the Hospital Pavilion 2<sup>nd</sup> floor surgical suite. Both are located at 2001 Medical Parkway, Annapolis, MD 21401. Both are in the East campus. Parking for Edwards is in Garage C, for Hospital in Garage A.



**Your Guide to Parking**  
Make sure you are going to:

- 1 the **Correct Side of Campus**
- 2 the **Correct Garage**, and
- 3 the **Correct Building**

**EAST CAMPUS**

BUILDING	GARAGE
Hospital Pavilion, North Entrance...	C
Hospital Pavilion, South Entrance...	A
Emergency Room.....	A
Clatanoff Pavilion.....	C
Donner Pavilion.....	B
Edwards Surgical Pavilion.....	C
Wayson Pavilion.....	B

**WEST CAMPUS**

BUILDING	GARAGE
Health Sciences Pavilion.....	E
Sajak Pavilion.....	D

**Anne Arundel Medical Center offers free self-parking in our five garages.**

For more information on parking in the Hospital, Clatanoff, Donner, Edwards, Wayson and Health Sciences Pavilion, see other side.

**Maps Online**  
For complete maps, where to park by building and descriptions, visit us online at [askAAMC.org/GetHere](http://askAAMC.org/GetHere)

**Anne Arundel Medical Center**

### **When should I arrive? What is my surgery time?**

Surgery times are not set until the business day prior to surgery and are subject to change! You will receive a phone call from the surgery department on the business day prior to your surgery in the afternoon to confirm your surgery time and your arrival time. You will need to arrive well before your surgery time.

### **What should I bring with me to surgery?**

- Wear loose fitting clothes that are easy to get on and off, appropriate for the season.
- Shoes that are easy to get on and off and are supportive are advisable. No high heels, please.
- Bring this surgery packet including all of this paperwork and especially your consent form.
- All your medical paperwork including insurance cards, photo ID, and if you have them a copy of your : advance directives, living will, power of attorney.
- A responsible adult to drive you home
- A book/music player/phone are fine to bring if you can give them to your accompanying adult during surgery.
- Do NOT wear jewelry, piercings, or place any makeup, ointments, moisturizers, etc on your skin. All body piercing must be removed.

### **What will happen when I arrive?**

- You will first be checked in and review your paperwork
- You will be asked to change into a gown
- An IV will be started
- Your nurse, anesthesiologist, and Dr Petre will all visit you prior to the surgery to review the surgery and answer any questions.
- The pre-operative space is limited and you will be restricted to 1-2 family members while you are getting ready for surgery.

### **What should I do if something changes between now and surgery?**

If you become ill or otherwise can not have surgery, please call us immediately at 410.280.4717

If you have questions prior to surgery, call 4102804717 or email Dr Petre at [bpetre@osmc.net](mailto:bpetre@osmc.net)

For questions relating to anesthesia, the surgery facility or your stay at the hospital call 443-481-1840 or 443-481-1000

## What should I do about my medicines before and after surgery?

Medications are important for your health, but there are some that increase your risks around surgery and others that it is dangerous to stop. The list below does not cover every possible medicine, just the most common ones. If you have questions about your medicines, **please ask!**

### *Medicines that should **not** be stopped:*

Many blood pressure, heart disease and seizure medicines should be taken as prescribed including the morning of surgery. These include:

- beta blockers (metoprolol, Toprol, Lopressor, atenolol, Tenormin, propranolol, Inderal, etc)
- blood pressure medications
- anti-reflux medications (omeprazole, Prilosec, ranitidine, Zantac, rabeprazole, Aciphex, esomeprazole, Nexium, etc)
- Narcotic pain medicines and tylenol

### *Medicines to stop 2 weeks prior to surgery*

- **Blood thinners** should be discussed on a per patient basis including Plavix, Aspirin, Coumadin, Heparin
- Herbals including: Dong Quai, Ginkgo Biloba, St. John's Wort (all types), Echinacea, Ginseng, Valerian, Ephedra, Glucosamine, Vitamin C (more than 2000mg daily), Feverfew, Goldenseal, Vitamin E (more than 400mg daily), Fish Oils (Omega-3 Fatty acids), Kava, Garlic, Licorice
- All diet pills
- All nicotine products including cigarettes, cigars, chew, dip and nicotine patches and gum.

### *Medicines to stop 1 week (7 days) prior to surgery*

- Stop **ALL** over the counter herbal medications/supplements 7 days or more before your surgery.
- Stop all anti-inflammatories or NSAID medicines including ones taken for pain (Ibuprofen, Naproxen, Aleve, Advil, Celebrex, etc.)

Because skin is not sterile, we need to be sure that your skin is as free of germs as possible before your admission. You can reduce the number of germs on your skin and decrease the risk of a surgical site infection by preparing your skin with a special soap called chlorhexidine gluconate (CHG).

### WHAT IS CHG?

CHG is a chemical antiseptic that is effective on both gram-positive and gram-negative bacteria. It is both bacteriocidal (kills) and bacteriostatic (stops reproductions) of any bacteria on the skin. CHG is in several products such as mouthwash, contact lens solution, wound wash, acne skin wash, topical skin cleansers (Choraprep – what is used to clean your skin before an IV), thus, we do not expect using this soap will cause skin irritation but please speak with your primary care physician to discuss any allergies. Studies show that repeated use of CHG soap enhances the ability of CHG to reduce bacterial counts on the skin; not only during the immediate period after the shower but for a number of hours afterward. Study results suggest that patients may benefit from bathing or showering with CHG soap for at least 3 days before surgery in order to achieve the most benefit. It is unknown whether using CHG soap for less than or more than 3 days is beneficial. We recommend 3 days of treatment but understand this is not always possible and bathing the night before and the day of using CHG is acceptable.

### SHOULD THE WHOLE BODY BE BATHED WITH THE CHG SOAP OR JUST THE SURGICAL SITE?

The CHG bath/shower prior to surgery should include the whole body “from the neck down” to avoid soap getting into the eyes, ears, nose, or mouth. Patients should also be reminded not to wash genital areas or scalp hair with CHG solution. Genital areas can be washed with antibacterial soap if desired.

### GETTING YOUR SKIN READY FOR SURGERY – CHLORHEXIDINE SOAP SHOWER

Chlorhexidine Gluconate (CHG) 4% is a special chemical found in soaps such as Hibiclens and other brands. Everyone’s skin has germs; this soap can reduce the number of germs on your skin. Follow these instructions to reduce your risk of infection.

Shower or bathe one-time-a-day for 3 days prior to surgery with a CHG 4% liquid soap:

Step 1: Wash your hair, face, and body, with your normal shampoo, conditioner and soap. Rinse completely.

Step 2: Turn off the shower or step out of the bathwater.

Step 3: Pour a quarter size amount of liquid CHG soap onto a wet, clean washcloth and apply to your entire body FROM THE NECK DOWN (DO NOT use CHG on face, hair, or genital area)

Step 4: Rub the soap filled washcloth over your entire body for 3 minutes – apply more soap as needed (1/3 of the bottle should be used with each shower).

Step 5: Turn on the shower or return to the bath and rinse the liquid soap off your body.

Step 6: Towel dry.

### **24 Hours Before Surgery:**

- Do not apply lotions, powder, or deodorant to your body
- Do not shave or remove any body hair below the neck (facial shaving is permitted)

**If you are allergic to CHG or for any other reason washing with CHG is not possible, please follow the instructions attached and use antibacterial soap (such as Dial antibacterial).**

### General Instructions:

1. Read the “Drug Facts” information and directions on the bottle
  - CHG is not to be used on the head, face, or genital area
  - CHG should be kept away from the eyes ears or mouth
  - CHG should not be used if you are allergic to an of the ingredients in the preparation
2. Dr Petre will give you a bottle of CHG soap at your pre-operative visit.
3. Stop using the soap and call your doctor if you have a skin reaction such as severe burning, itching, redness, blistering, peeling, swelling, rash or any other severe irritation

The operating room at the Acute Care Pavilion and the Edward's Surgical Pavilion are staffed by Board Certified and Board Eligible physician anesthesiologists. Each member of the service is an individual practitioner with privileges to practice at AAMC.

Decisions regarding your anesthesia are tailored to your personal needs. There are four main types:

- General Anesthesia- provides loss of consciousness.
- Regional Anesthesia- involves the injection of a local anesthetic to provide numbness, loss of pain, or loss of sensation to a large region of the body. Regional anesthetic techniques include spinal blocks, epidural blocks and arm or leg blocks. Medications can be given to make you drowsy and blur your memory.
- Monitored Anesthesia Care- consists of local anesthetic injections as well as the use of medications to make you drowsy.
- Local Anesthesia- provides numbness to a small area which may be injection by your surgeon.

You will meet your anesthesiologist immediately before your surgery. Your anesthesiologist will review all information to evaluate your general health. This will include your medical history, laboratory test results, allergies and current medications. With this information, you will together determine the type of anesthesia best suited for you. He or she will also answer any further questions you may have.

You will also meet your surgical nurses. Intravenous (IV) fluids will be started and pre-operative medications may be given, if needed. Once in the operating room, monitoring devices will be attached such as blood pressure cuff, EKG and other devices for your safety. At this point, you will be ready for anesthesia.

Your anesthesiologist is responsible for your comfort and well being before, during and immediately after your surgical procedure. In the operating room the anesthesiologist will manage vital functions, including heart rate and rhythm, blood pressure, body temperature and breathing. The anesthesiologist also is responsible for fluid and blood replacement when necessary.

After surgery you will be taken to the Post Anesthesia Care Unit (PACU). You will be watched closely by specially trained nurses. During this period, you may be given extra oxygen and your breathing and heart functions will be observed closely. Your pain level will be assessed and medication will be given to obtain an acceptable level of comfort. An anesthesiologist is available to provide care as needed for your safe recovery.

Nausea or vomiting may be related to anesthesia or the type of surgical procedure. Although less of a problem today because of improved anesthetic agents and techniques, these side effects continue to occur for some patients. Medications to treat nausea and vomiting will be given, if needed.

The amount of discomfort you experience will depend on several factors, especially the type of surgery. Your doctors and nurses can relieve pain with medications. Your discomfort should be tolerable, but do not expect to be totally pain-free. The staff will teach you the pain scale (0-10) to assess your pain level.

Although most patients are assigned an anesthesiologist, you may request one based on personal preference or insurance considerations. Requests for a specific anesthesiologist will be taken into consideration prior to assignments, but can not be guaranteed. If you have questions about your insurance coverage or medical plan participations by the anesthesiologist, please contact your insurance company for guidance or the anesthesia billing service.

## **If you have any questions, please contact:**

AAMC OR information.....	443-481-1801
Prep Team (Leave message for return call).....	443-481-1840
P.A.T. (Pre-anesthesia Testing) Center.....	443-481-3624
Anesthesia Billing.....	800-242-1131
Patient Financial Services.....	443-481-6500
Financial Counseling.....	443-481-1401
Short Stay Unit in the Acute Care Pavilion.....	443-481-1796
Edwards Surgical Pavilion.....	443-481-5700
Telephone Directions to AAMC.....	443-481-1010
AAMC Web site for information & directions.....	<a href="http://www.askAAMC.org/directions.php">www.askAAMC.org/directions.php</a>

## Exercise Your Right

### Put Your Health Care Decisions in Writing

It is the policy of Anne Arundel Medical Center to place patients' wishes and individual considerations at the forefront of their care, and to respect uphold those wishes.

#### **What are Advance Medial Directives?**

Advance Directives are a means of communicating the patient's wishes regarding health care to all caregivers. If a patient has a Living Will or has appointed a Health Care Agent, and is no longer able to express his or her wishes to the physician, family or hospital staff, the Medical Center is committed to honoring the wishes of the patient as documented when the patient was able to make those determinations.

#### **There are different types of Advance Directives:**

**Living Wills** are written instructions that explain your wishes for health care of you have a terminal condition or irreversible coma and are unable to communicate.

**Appointment of a Health Care Agent** (sometimes called a Medical Power of Attorney) is a document that lets you name a person (your agent) to make medical decisions for you, if you become unable to do so.

**Health Care Instructions** are your specific choices regarding use of life sustaining equipment, hydration, nutrition and use of pain medications.

On admission to the hospital, you will be asked if you have an Advance Directive. If you do, please bring copies of the document to the hospital with you, so they can become a part of your medial record. Advance Directives are not a requirement for hospital admission.

**If you would like more information** or forms for completing a Living Will, Appointment of a Health Care Agent or Health Care Instructions, you may write to:

#### **Maryland Attorney Generals Office**

Opinions Section

200 St. Paul Place

Baltimore, MD 21201

You may also contact:

The Advocacy Department- Anne Arundel Medical Center (443) 481-4821

Benjamin M. Petre, MD | 2000 Medical Parkway, Annapolis, MD 21401 | 410-280-4717  
<http://drpetre.com> ben@drpetre.com