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PRE-OPERATIVE INSTRUCTIONS

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Neurosurgery

Thank you for allowing us to participate in your neurosurgical care. We are providing these instructions to help you prepare for your upcoming surgery.

- **Surgery Date/Time:** Your surgery has been scheduled at _____ Hospital on _____. The hospital will be contacting you in the preceding days before your scheduled procedure to finalize your arrival time on the day of surgery.
- **Medical Clearance:** We will be contacting your family physician to arrange your medical clearance appointment, if one is required. We will contact you with the date and time of this appointment.
- **Pre-admission Testing (PAT):** The hospital will be contacting you approximately one week prior to your surgery to schedule a PAT appointment. At this appointment, you will be evaluated by anesthesia, lab testing will be completed, and nursing will finalize the details of your health assessment. Fasting is not required for routine blood work ordered by our office, but if additional tests are added by your family physician, please verify instructions with their office.
- **NPO:** It is important that you have **nothing** to eat or drink after **midnight** on the night prior to your surgery, unless directed otherwise by pre-admission testing staff. The only exception to this is your regular home medications, which have been reviewed by our office. These should be taken with sips of water. This means **NO** morning coffee, tea, orange juice, or any other kind of beverage. Your surgery will otherwise be cancelled.
- **Medications:** All blood-thinning medications, such as Coumadin, Plavix, Aspirin, etc. and all non-steroidal anti-inflammatory drugs such as Motrin, Aleve, Celebrex, etc. should be discontinued at least 7 days prior to the date of your surgery. Please call our office or your primary care provider if you are unsure about your medications.
- **Collar/Brace:** If your procedure is one which requires a collar or brace, you will be given a script to be fitted for this prior to your surgery. You will also need to bring the collar/brace with you on the day of surgery, unless the orthotics company is delivering it for you.
- **X-Rays/MRI:** If your most recent MRI and x-ray studies were done at the hospital where your procedure is scheduled, you do not need to bring a copy of your films with you to the hospital. They are accessible to us on the computer system. However, if your film studies were done at any other outside facility, then you are responsible to bring them to the office prior to your date of surgery.
- **Surgery Scheduling Process** – Once you have made the decision that you would like to proceed with surgery, the next step in the process is to discuss your insurance benefits with our Financial Counselor, Chris. Our goal is to make sure that you are as informed as possible regarding your benefits and the estimated cost of your procedure. Typically, a deposit is required prior to scheduling surgery. Once that deposit is collected, our Procedure Scheduler, Emily will contact you regarding possible dates and times for surgery. We strive to complete this process within a few days after you let us know that you would like to proceed with surgery.
 - **Chris (Financial Counselor) can be reached at (616) 738-4420 ext. 44.**
 - **Emily (Procedure Scheduler) can be reached at (616) 738-4420 ext. 35.**

If you have questions regarding your procedure or postoperative care, please call the office to speak with a nurse, who will be happy to assist you.

- **Post Operative Appointments, Prescriptions and Xrays:** Our highly qualified Neurosurgical Physician Assistants (Jeff Alferink, PA-C and Scott Tuinstra, PA-C), who work closely with the surgeons, will be conducting your post-operative clinic appointments. At the time of your discharge from the hospital, you will be given paperwork which will include the day/time of your first post-op appointment as well as any orders for xrays that need to be done prior to that appointment. Those xrays can be obtained at the Holland Hospital Imaging Center, which is located on the first floor of the same building that our office is in. Please make sure to arrive at least one hour prior to your appointment time to ensure timely completion of your xrays since they do not accept appointments. Additionally, the appropriate prescriptions will be provided, along with detailed discharge instructions, on the day of your dismissal from the hospital.
- **National Neurosurgery Quality Outcomes Database (N2QOD)** – The Brain + Spine Center is one of several leading neurosurgical groups participating in a national clinical registry sponsored by the American Association of Neurological Surgeons. The main objective of this registry is to assess the benefits neurosurgery provides to patients and to determine to what extent surgery improves pain, disability and quality of life. If your specific case history meets the criteria for inclusion, our Data Coordinator, Stacie, will contact you both before and after surgery (3 months and 1 year post-op) to ask you questions about your symptoms, pain, satisfaction with care and your quality of life. Your participation in answering these questions is voluntary. If you have any questions about this process, please do not hesitate to contact Stacie, our Data Coordinator, at 616-738-4420 ext. 11.

NOTES:

We realize that you have a choice when it comes to your health care. We truly appreciate that you have chosen The Brain + Spine Center for your Neurosurgical Care. It is our goal to exceed your expectations, both related to the clinical quality of your care as well as your service experience.

To learn more about our providers, staff and to view videos, please visit our website at www.brain-and-spine.com and on Facebook at [The.Brain.Spine.Center](https://www.facebook.com/The.Brain.Spine.Center).