



Consult

You are in our office today for consultation regarding possible surgical intervention for your medical condition. The surgeon will come in and discuss with you the risks and benefits of surgery with your particular situation.

Scheduling Surgery – If at the time of consultation it is decided between you and the surgeon that surgery is in your best interest, the surgeon sends a task to our surgery schedulers and they will in turn call you within 24-72 hours to schedule surgery. If you do not hear from them within that timeframe, you can call our office at 509-747-6194 and request to speak with them. When the surgery schedulers call, you will be given date and location options for surgery. Please keep in mind our surgeons operate at different locations on certain days of the week. If you request the soonest possible date for surgery, it may be at a different location than you had originally anticipated.

FMLA/STD Paperwork – Each doctor has a medical assistant. Please take some time to discuss with them if you need some type of paperwork filled out for time off work for any period of time. Most employers need some kind of paperwork filled out, whether it be FMLA, Short Term Disability or simply a typed document from our office. The medical assistant takes care of this paperwork. Paperwork is generally filled out for the MAXIMUM time it would take for recovery for any given surgical procedure that our surgeons perform. It is more efficient to request the maximum time off and send the patient back to work early rather than have to request more time off work due to possible complications or slow recovery. For L&I patients, it is likely that it is in your best interest to be off work the maximum time for recovery. If it is a work injury, we would like you fully healed prior to returning to work. L&I generally need an APF form filled out at each visit with our surgeons. **WE DO NOT HAVE THIS FORM.** L&I will need to fax us this form or provide it to you to bring to your appointment(s). Please provide any of this paperwork to your surgeon's medical assistant as soon as you can after scheduling surgery. This will provide them plenty of time to get the paperwork filled out and sent back to your employer or insurance company. If you have any questions regarding this kind of paperwork, please direct your questions to your surgeon's nurse or medical assistant.

Post-Op – You should schedule your post-op appointment as soon as possible. It is possible for you to schedule your post-op appointment at the same time that you schedule the surgery. Sometimes the surgeon's schedule can get full quickly. We would like to be timely in seeing you after surgery to make sure that you are healing well and are not having any complications. You can call our office ANY TIME with questions or concerns regarding your recovery. The medical assistants working with the surgeons are trained in answered the majority of questions that people generally have pre- and post-operatively.

Medications – We do prescribe narcotic pain medications post-operatively. We do not prescribe pain medications prior to your surgery. If you are in pain prior to surgery, please contact your primary care provider or you can utilize the emergency room in case of an emergency. If post-operatively you need more pain medication than what was provided to you, you can contact our office for a refill. **PLEASE ALLOW 24-48 HOURS FOR ALL REFILL REQUESTS TO BE FILLED.** If or when you call our office to request a refill on narcotic pain medication, you will be asked some questions regarding how many pain pills you are taking, how often, how your pain is rated, if you have tried Tylenol/ibuprofen or a variation of these questions. The medical assistants ask questions appropriate to each surgeon in our office to inform them of how you are recovering, possible complications (infection, ect.) or to prevent dependency on pain medications. Narcotic pain medications cannot be sent to a pharmacy via fax or telephone. The prescription needs to be picked up at our office and then taken to be filled at the pharmacy.

Restrictions – Each surgeon will differ on post-operative restrictions. Generally for most surgeries, a patient is restricted to no lifting/pushing or pulling greater than 10-20 pounds for the first two weeks. Depending on your day-to-day life, occupation and surgical procedure, there may be more or less restrictions.

Examples of procedures performed and estimated recovery time:

- Hernia repair – 6 weeks
- Cholecystectomy (gallbladder removal) – 4 weeks
- Appendectomy (appendix removal) – 4 weeks
- Adrenalectomy – 4 weeks
- Sebaceous cyst/lipoma removal – 3 days
- Nissen fundoplication – 6 weeks
- Hemorrhoidectomy – 4 weeks
- Pilonidal cyst – depending on treatment up to 3 months
- Colectomy with stoma – 8 weeks
- Colectomy without stoma – 6 weeks
- Colostomy/ileostomy reversal – 6 weeks
- Sphincterotomy – 4 weeks
- Fistulotomy – part one 4 weeks, part two 3 weeks

