Pain Management Procedure and Outpatient Surgery

Enclosed you will find some important information regarding your upcoming surgery or procedure.

It is important that you take time to review all of the information provided.

ThedaCare®
Orthopedic Care
# Table of Contents and Important Information Checklist

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Thank you for choosing us! We are your partner in managing your care. Our goal is to help prepare and guide you through this journey.
Meet the Providers

Your procedure is scheduled with:

Matt Fischer

Paul Hoell

Brent Meier

Procedure Prep

We will be calling you!

1-3 days prior to your procedure, one of our team members will contact you to review several important details related to your procedure. Please be sure to take this call. Our number typically shows up as 920-831-5050 on your caller ID. If you miss our call, no problem. Please call us back at that same number and we will connect you to the nurse.

You will also receive an automated call 1-2 days prior to your procedure to inform you of your arrival time.

Are you on any blood thinning medications?

Blood thinning medications can cause you to bleed more than normal and can place you at risk for complications during and/or after surgery. Our team will review your medications with you and let you know if and when you need to stop taking them. If the blood thinning medication is being prescribed by another physician, you will need to contact that provider as soon as possible to ensure it is safe for you to be off of the medications.

The following medications will need to be stopped prior to your procedure:

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<th>Medication Name:</th>
<th>Date meds need to stop:</th>
<th>Date to restart:</th>
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Not feeling well prior to your scheduled visit?

- New cold or upper respiratory illness
- Fever
- Rash or sores of the skin

It is important that you give us a call prior to your visit so we can talk through your symptoms. In order to prevent any spreading of your infection, we may need to reschedule your procedure/surgery.

Have you been placed on antibiotics? If so, you will need to have completed the antibiotics and be symptom free for 7 days prior to your procedure.

Can't make your scheduled time?

Please let us know in advance. We understand that sometimes circumstances may prevent you from making it to your appointment.

It’s important that we hear from you if this happens. Frequent no shows or late cancellations are disruptive to our team members and other patients, and may result in the discontinuation of your care.

Your procedure could be canceled if you:

- Suspect you have an infection (urinary tract, sinus, ear, etc.), as noted above.
- Have any illness resulting in a fever or productive cough.
- Test positive for COVID-19 (Coronavirus test prior to procedure).
- Have recently been prescribed antibiotics by another provider.
- Do not stop blood thinning medications within the time frame noted above.
- Have elevated blood sugars or poorly controlled blood sugars.
- Eat or drink anything (other than small sips of water to swallow medication) _?__ hours prior to surgery, if applicable.

Please notify our office if any of the above occur prior to your procedure.

Don’t eat or drink prior to your procedure

- No solid foods for 6 hours prior to your scheduled procedure.
- Nothing but clear fluids until 2 hours before your procedure (black coffee, water).
A driver may be important!

You need a driver for this appointment!

Your scheduled visit may require some sedation that could make you drowsy. In other instances, injected local anesthetics could lead to temporary numbness or weakness, making driving difficult and unsafe for yourself and others. Please arrange for a driver in advance. Failure to schedule a driver will likely result in cancellation of your procedure.

You don’t need a driver for this appointment!

What to expect the day of your procedure:

• You will be checked in for your appointment when you arrive.
• A nurse will work with you to get you prepped for your procedure.
• You may be asked to change into a gown.
• The provider completing your procedure will discuss the process with you before getting started.
• Once in the procedure room, you will be asked to lay on a procedure table and a team of caregivers will help to get you positioned and comfortable.
• Your skin will be cleaned, and the procedure will be performed.
• Once the procedure is complete, you will likely have a bandage(s) covering the injection site.
• Once feeling well, you will be allowed to go home!

What to do after your procedure/surgery:

• Take it easy for the rest of the day!
• Do not soak or submerge the affected area for the following 48 hours.
• Follow up as scheduled.
• If your provider indicated this procedure is to help diagnose (diagnostic or prognostic), please call our clinic the next business day to report how you are feeling.

Important contact information:

Pain clinic nurse questions ................................................................................................................................. 920-831-5050
Need to change/cancel your procedure or post procedure visits ......................................................... 920-831-5050
Surgery scheduling department (need to verify arrival time) ........................................................................ 920-401-6171
Outpatient procedure/billing cost questions ............................................................................................... 920-996-3200
Return to work forms/letters ......................................................................................................................... 920-831-5050

Where to go for your procedure:
ThedaCare Regional Medical Center - New London

When you arrive, please enter through Main Hospital Entrance. Check in at the main registration desk.

ThedaCare Regional Medical Center - Shawano

When you arrive, please enter through Main Hospital Entrance. Check in at the main registration desk.
ThedaCare Regional Medical Center - Waupaca

When you arrive, please enter through Main Hospital Entrance. Check in at the main registration desk.

ThedaCare Regional Medical Center - Appleton

When you arrive, please enter through door #29. Check in at the main registration desk.
Important information about your procedure:

Please reference information specific to your procedure in your folder.