



BETWEEN NOW AND SURGERY

1. **Insurance Authorization:** Our benefits team will work with your insurance provider to determine if authorization is required. This process can take anywhere from 3 to 30 business days, depending on the procedure and your insurance. This is an important step in reducing your out-of-pocket responsibility.
2. **Anesthesia Clearance:** You must be cleared for surgery by our anesthesiologists. You will receive a link via email or text from our surgery center for the **Surgical Patient Portal** (see attached page for further instructions). To prevent delaying surgery, this must be completed **as soon as possible** in order for the anesthesiologist to review and clear you for surgery.
3. **Pre-Collects Due Before Surgery:** You may receive an estimate of your out-of-pocket surgery costs from our team. If there is an estimated amount due, prepayment will be required before surgery. You will receive a bill after surgery from US Anesthesia Partners for the anesthesia fee. Should you have questions for billing, please visit ProlianceSurgeons.com/contact-us/ or call 206.838.3797. If you have questions regarding anesthesia billing, please contact USAP at 206.625.0578.

Once all necessary authorizations and clearances are complete, our team will reach out to finalize your surgery schedule.

WHAT YOU NEED FOR SURGERY

1. **Driver:** You **MUST** have a responsible adult (18 or older) to drive you home after surgery. Cabs and transportation services are not permitted unless someone you know is accompanying you. This is to ensure you make it home safely. We provide complimentary patient parking on the ground level of our building. Access to the garage is located on Eastern Avenue, just off of 45th Street.
2. **Responsible Adult:** You **MUST** have a responsible adult (18 or older) to stay with you for 24 hours after surgery to ensure your safety after receiving anesthesia. If you are having a **total joint replacement surgery** (such as a total knee, hip, ankle, or shoulder), a responsible adult must stay with you for **72 hours**.
3. **Arrival Times:** The surgery center will call you at least 2 business days prior to surgery to confirm your check-in time and provide instructions about food/water intake before surgery.

Please keep in mind that unforeseeable things happen and arrival times for surgery are subject to change. We ask that you please keep your schedule flexible on the day of your surgery and make sure you're able to be reached by phone should a last-minute change occur. Thank you!

HELPFUL INFORMATION TO AVOID CANCELLATION OF YOUR SURGERY

1. **Eating:** Do NOT eat anything 8 hours before arrival for surgery. No gum, hard candy, mints, or smoking. Eating food prior to surgery increases the risk of serious complications and will lead to cancellation of your procedure.
2. **Drinking:** Clear liquids are allowed 3 hours before arrival. Clear liquids are water, plain tea or black coffee (NO creamer, milk, sugar, or sweeteners). Failure to follow these instructions increases the risk of serious complications and will lead to cancellation of your procedure.
3. **GLP-1 Medications:** If you take a GLP-1 medication for diabetes or weight loss DAILY, DO NOT TAKE day before and day of surgery. If you take a GLP-1 medication WEEKLY, DO NOT TAKE for a full 7 days before surgery.
4. **Blood Thinners:** If taking blood thinning medications on a regular basis (i.e. Aspirin, Eliquis, Plavix, Warfarin, Xarelto, etc.), please discuss with your surgeon and prescriber when to stop the medication before surgery.
5. **Diabetics:** DO NOT take oral hypoglycemics 24 hours before surgery (i.e. Metformin, Glipizide, etc.). If you take regular or fast-acting insulin, DO NOT take the morning of surgery. If you take long-acting insulin, take 1/2 your usual dose. If you have an insulin pump, discuss your current blood sugar and pump settings with the admitting nurse and anesthesiologist on the day of surgery.
6. **Anti-Hypertensives:** If taking an ACE Inhibitor (i.e. Lisinopril, Enalapril, Ramipril, Benazepril, etc.) or an Angiotensin Receptor Blocker (Losartan, Valsartan, Telmisartan, etc.) for high blood pressure, DO NOT take the morning of surgery.
7. **Daily Medications:** DO take your regular medications (with the exception of those listed above) with a small sip of water the morning of surgery. DO NOT take vitamins or supplements the morning of surgery.

8. **What to Bring:** Please bring the following items: ID card, insurance card, credit/debit card, inhalers, hearing aids, dentures, slings, walkers, crutches, walking boots, glasses (do not wear contacts to surgery).
9. **Do not Bring:** DO NOT wear or bring jewelry. Leave all valuables at home (except those listed above).
10. **Shower:** It is important to shower prior to surgery. Do not apply/wear deodorant, makeup, powders, lotions, and colognes or perfumes.
11. **Do Not Shave:** DO NOT shave the surgical site or the surrounding area the day before or day of surgery.
12. **Advanced Health Care Directive:** If you have an advanced directive, you must provide a copy to the surgery center. The directive would be honored by the hospital should an emergency transfer occur.
13. **What to Wear:** Wear loose, comfortable clothes and shoes that are easy to get off and on. You will be expected to change into a surgical gown for your procedure.

LOOK FOR AN EMAIL OR TEXT INVITING YOU TO OUR SURGICAL PATIENT PORTAL!

The subject of the email will say Proliance Surgeons Seattle Orthopedic Center, and the text message comes from the number 59574. This patient portal allows you to complete your pre-operative questionnaire online instead of over the phone. **This system is entirely separate from our clinic health record system.** As of right now, these systems do not communicate with each other; therefore, it is important you thoroughly fill out the requested information to ensure a smooth and safe surgical experience. *If you do not have email or a smart phone, please contact the surgery center as soon as possible.

You will also have access to your pre-operative instructions and will need to read and acknowledge them. You can access them as needed, up until your surgery date, by revisiting the link sent to you.

Once complete, your responses are reviewed by a nurse, who will contact you by phone if there are any additional questions.

GETTING READY TO LOG IN

Do I need to download an app for this?

No. By clicking the link in the email or text message, you will be brought to the login screen in your web browser. We strongly recommend using Chrome and avoiding Internet Explorer.

Do I need to create an account and password?

No. Your secure link will allow you to log in using your name and date of birth.

How long will it take me to fill out?

Please give yourself about 30 minutes to complete the questionnaire. It ***must be completed in one sitting*** and will time out after 240 minutes of no keyboard/mouse activity and will not save your work. Each section must be completed or the "Done" button will not work. Incomplete sections will be outlined in pink if you try to submit an incomplete questionnaire.

What information do I need to fill out the questionnaire?

To save time, we recommend collecting your health information in advance, including specialists' names, clinic numbers, dates of prior surgeries or tests, medication lists, etc.

LOGGING IN

- Enter your first and last name as it appears in our computer system. No nicknames. If you have a hyphenated name or use a suffix, and are having trouble logging in, please call the surgery center at 206.633.8100 to verify how your name is listed in our system.
- Date of birth needs to be entered in the mm/dd/yyyy format.

PRESCRIPTIONS, VITAMINS, SUPPLEMENTS, AND OVER-THE-COUNTER MEDICATIONS

- We pull in prescription medication information from Surescripts. However, there are times we are unable to do so, and will need to contact you for a detailed list of your prescriptions and dosages.
- Vitamins, supplements, and over-the-counter medications are important for us to know and need to be entered in the questionnaire. If you are having difficulty, please complete the rest of the questionnaire and call us, so one of our nurses can enter them for you.

THANK YOU FOR CHOOSING PROLIANCE SURGEONS SEATTLE ORTHOPEDIC CENTER!

2409 North 45th Street, Seattle, WA 98103 | 206.633.8100 | SeattleOrthopedicCenter.com