

Sherban Spine Institute, PA

Dr. Ross Sherban - Phone: 1-844-733-3774 Fax: 1-844-752-8300

Start to Finish – injection or surgical procedure and understanding the process:

- * Write down a list of any questions you may have regarding the procedure and recovery process and ask the surgeon the day of the surgery or prior.
- * Make sure you have signed consent form(s) and you have given any MRI disks to the Sherban Spine Institute team. Please make sure you make our office aware of any current or past health issues, medications you are taking or any allergies. **THIS IS EXTREMELY IMPORTANT.**
- * Dr. Sherban's surgical coordinator will discuss dates and locations. **(time of arrival to the surgical center will be determined by the center – if a specific time is needed – (PLEASE REQUEST VIA THE SURGICAL CENTER)).**
- * Medical Clearance may be required (depending on the procedure) and the clearances are sent out to facilities that we work closely with but **ARE NOT** directly performed at our office via Dr. Sherban.

Commonly asked questions - patients want to know:

How long does this surgery take? How long does the injection take?

Surgery can take approx. 30min – 1 hour (based on number of levels to be performed)

Injections can take 10-15 minutes to complete (based on number of levels to be performed)

How long should I plan to be at the surgical center?

Plan for this to be at the surgical center for approx. 4-5 hours if scheduled for surgery and 1-2 hours for injections. Please remember this time may vary.

Is this procedure performed in a hospital?

No, it is performed in an outpatient surgical center, you can go home the same day.

When can I return to work?

Depending on your occupation, anywhere between 3 days to 6 weeks after surgery or longer, please discuss this with your surgeon since every procedure/patient is different. For injections, right away or take the day off.

Can I drive myself to my procedure?

NO! We do not want you driving to or from your procedure. If you have concerns with driving or transportation, we can discuss options further. PLEASE NOTE: If you receive an injection with LOCAL you are able to drive yourself to and from the surgical center.

The day of the procedure:

- * Arrive to the surgical center at the time discussed between you and the surgical center. If you will be late, please call April (P: 561-512-0727.)
- * Check in to the front desk area, you may be asked to fill out additional paperwork as required by the center.
- * The Anesthesiologist, Dr. Sherban and his team can/will discuss surgery/injection with you before you are taken to the operating room.
- * After surgery: You will be taken to the recovery area for approx. 1 or more hours (depending on the procedure) and Dr. Sherban's team will visit with you. Your family members will be allowed to visit as well.
- * Before you leave the surgical center, your nurse will go over some instructions with you including giving you or your family member your discharge papers and paper prescriptions to be filled (if applicable).

What to expect following an injection/surgical procedure – PLEASE REFER TO POST OP INSTRUCTIONS

AGAIN, if you have any questions or concerns, **please call** April (P: 561-512-0727) immediately.

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PREOPERATIVE INSTRUCTIONS FOR SURGERY

IF YOU ARE TAKING BLOOD THINNERS, STOP TAKING THEM 7-10 DAYS PRIOR TO YOUR SURGERY (or as instructed by the prescribing physician)

- DO NOT TAKE ANY ASPRIN, NSAIDS, ANTI-INFLAMMATORY OR ANTI-COAGULANTS FOR AT LEAST 7 DAYS PRIOR TO PROCEDURE. IF YOU NEED TO TAKE SOMETHING FOR PAIN, TYLENOL SHOULD BE TAKEN.

List of Medications containing BLOOD THINNERS OR ASPIRIN and/or aspirin by products:

1. Coumadin/ Jantoven (Warfarin), Plavix (Clopidogrel) Aspirin (salicylic acid): Alka Seltzer, Bayer, Bufferin, Ecotrin, Goody Powder, Excedrin, Fiorinal. Ticlid (Ticlodipine), Arixtra (Fonduparinux), Eliquis (Apixaban), Xarelto (Rivaroxaban)
2. NSAIDS: Asacol (mesalamine), Cataflam (diclofenac), Clinoril (sulindac), Daypro (oxaproxin), Dolobid (Diflunisal)
3. Ibuprofen: Advil, Midol, Motrin, Nuprin, Pamprin, Indocin, Lodine, Relafen, Toradol, Voltaren (diclofenac), Celebrex, Mobic.

If you have further questions regarding medications, please contact Jennifer at our office.

REMINDERS FOR THE NIGHT BEFORE:

- NOTHING TO EAT OR DRINK AND NO SMOKING AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE.
- REMOVE ALL JEWELRY, THIS ALSO INCLUDES ALL BODY PIERCINGS.
- YOU SHOULD TAKE MOST OF YOUR REGULAR MEDICATIONS WITH A SMALL SIP OF WATER ON THE DAY OF THE PROCEDURE. THESE MEDICATIONS INCLUDE: CARDIAC MEDS, HIGH BLOOD PRESSURE MEDS, KIDNEY MEDS, AND ASTHMATIC MEDS ETC.

- IF YOU ARE ON ANY PAIN MEDICATIONS PLEASE INFORM YOUR DOCTOR.

*****DO NOT TAKE ANY PAIN MEDICATION THE DAY OF THE PROCEDURE. *****

ALSO:

- YOU WILL NEED TO HAVE A RIDE HOME AVAILABLE AT THE TIME OF DISCHARGE
- WEAR SIMPLE LOOSE CLOTHING THAT CAN BE EASILY REMOVED
- NOTIFY YOUR DOCTOR OF ANY RECENT COLD, SORE THROAT, COUGH OR OTHER INDICATION OF ILLNESS PRIOR TO YOUR PROCEDURE.
- AFTER YOUR PROCEDURE YOU WILL BE GIVEN AFTER-CARE INSTRUCTIONS, PLEASE FOLLOW THEM AND CALL YOUR DOCTOR WITH ANY QUESTIONS
- DO NOT WEAR CONTACT LENSES. IF YOU DO, PLEASE BRING YOUR CONTACT CASE

IMPORTANT INFORMATION FOR DIABETICS: If you DO NOT take insulin and ONLY take pills: PLEASE DO NOT TAKE YOUR DIABETIC PILLS ON THE MORNING OF SURGERY. We will check your blood sugar when you arrive. Your blood sugar must be less than 200 in order for you to have the surgery. **If you take insulin injections, please call the surgery center for specific instructions.**

If you have any questions or concerns, please contact our office!

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Aspirin related medications should stop 7 days prior to your scheduled procedure date. This list includes many-but not every- medication or herb that contains aspirin, NSAIDs or other ingredients that may “thin the blood”, a term which means that they interfere with blood clotting. Please carefully read. DO NOT stop taking any prescription medication without first consulting the prescribing physician.

Aggrenox [®]	Cama [®] Arthritis Pain Reliever	Heartline [®]	Robaxisal [®] Tablets
Alka Seltzer [®]	COPE [®]	Headrin [®]	Roxiprin [®]
Anacin [®]	Dasin [®]	Isollyl [®]	Saleta [®]
Arthritis Pain Formula	Easprin [®]	Lanorinal [®]	Salocol [®]
Arthritis Foundation Pain Reliever [®]	Ecotrin [®] (most formulations)	Lortab [®] ASA Tablets	Sodol [®]
ASA Enseals [®]	Empirin [®] Aspirin (most formulations)	Magnaprin [®]	Soma [®] Compound Tablets
ASA Suppositories [®]	Epromate [®]	Marnal [®]	Soma [®] Compound with Codeine Tablets
Ascriptin [®] and Ascriptin A/D [®]	Equagesic Tablets	Micrainin [®]	St. Joseph [®] Adult Chewable Aspirin
Aspergum [®]	Equazine [®]	Momentum [®]	Supac [®]
Asprimox [®]	Excedrin [®] Extra-Strength Analgesic Tablets and Caplets	Norgesic Forte [®] (most formulations)	Synalgos [®] -DC Capsules
Axotal [®]	Excedrin [®] Migraine	Norwich [®] Aspirin	Tenol-Plus [®]
Azdone [®]	Fiorgen [®]	PAC [®] Analgesic Tablets	Trigesic [®]
Bayer [®] (most formulations)	Fiorinal [®] (most formulations)	Orphengesic [®]	Talwin [®] Compound
BC [®] Powder and Cold formulations	Fiortal [®]	Painaid [®]	Vanquish [®] Analgesic Caplets
Bufferin [®] (most formulations)	Gelpirin [®]	Panasal [®]	Wesprin [®] Buffered
Buffets II [®]	Genprin [®]	Percodan [®] Tablets	Zee-Seltzer [®]
Buffex [®]	Gensan [®]	Persistin [®]	ZORprin [®]

Advil [®]	Duexis [®]	Mefenamic Acid	PediaCare Fever [®]
Advil Migraine [®]	Etodolac [®]	Meloxicam	Piroxicam
Aleve [®]	Feldene [®]	Menadol [®]	Ponstel [®]
Anaprox DS [®]	Fenoprofen	Midol [®]	Relafen [®]
Ansaid [®]	Flurbiprofen	Mobic [®]	Saleta 200 [®]
Arthrotec [®]	Genpril [®]	Motrin [®]	Sulindac
Bayer [®] Select Pain Relief Formula Caplets	Ibuprofen	Nabumetone	Toradol [®]
Celebrex [®]	Indomethacin	Nalfon [®]	Treximet [®]
Celecoxib	Indocin [®]	Naproxen	Vicoprofen [®]
Children's Motrin [®]	Ketoprofen	Naprosyn [®]	Vimovo [®]
Clinoril [®]	Ketorolac	Nuprin [®]	Voltaren [®]
Daypro [®]	Lodine [®]	Orudis [®]	
Diclofenac	Meclofenamate	Oxaprozin	

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Here at Sherban Spine Institute, we have the following locations for procedure planning as well as locations for office visits. Please don't hesitate to contact our office staff with any questions or concerns, we would be more than happy to help.

LOCATIONS FOR PROCEDURES (SURGERY AND INJECTIONS):

Lake Worth Surgery Center

7408 Lake Worth Rd., Suite 900 Lake Worth FL 33467

Phone: (561) 433-5700

Coral Springs -Surgical Treatment Center

831 Coral Ridge Drive, Coral Springs FL 33071

Phone: (954) 248- 3398

Miami Surgical Center

7600 SW 87th Ave, Suite 200 Miami FL 33173

Phone: (305) 595-2414

OFFICE LOCATIONS FOR NEW PATIENT/FOLLOW UP/POST OP APPOINTMENTS:

Stuart

2842 SE Federal Hwy Stuart, FL 34994

West Palm Beach

1645 Palm Beach Lakes Blvd. Suite 1200 West Palm Beach, FL 33401

Boynton Beach

8190 S. Jog Road Ste. 100 Boynton Beach, FL 33472

Cypress Creek

2122 W Cypress Creek Blvd Fort Lauderdale FL 33309

Aventura

21110 Biscayne Blvd Suite 403 Aventura, FL 33180