

Rodney Wong, M.D.
Orthopaedic Surgery & Sports Medicine

515 South Dr., Ste., 16
Mountain View, Ca. 94040
Ph. 650.967.7249 Fx. 650.967.7350

18550 DePaul Dr., Ste., 201
Morgan Hill, Ca. 95037
Ph. 408.778.2018 Fx. 408.778.0119

GENERAL GUIDELINES

FOOD AND DRINK

- ❑ **Do not eat food after midnight, this also include mints, gum or candy. You may have clear liquids until 8 hours before surgery. Clear liquids include: water, apple juice, cranberry juice, 7UP, ginger ale, and coffee or tea without milk.**
- ❑ **Children under 1 year may have solids or formula until 6 hours before surgery. They should be encouraged to have clear liquids or breast milk 4 ½ hours before surgery.**
- ❑ **Other:** _____

MEDICATIONS

If you are taking aspirin, or any aspirin containing products, stop taking them 7 days prior surgery. Potassium, vitamin E and/or fish oil stop taking them 7 days before the surgery as well. All of these products can increase bleeding. For any other medication consult with your primary care physician and make sure you also give Dr. Wong a list of all your prescriptions.

If you normally take blood pressure, heart or seizure medication, please take it with a sip of water the day of your surgery or as directed by your primary physician and/or Dr. Wong.

Dr. Wong might give you 3 different types of pills to take before or/and after surgery. These are, an anti-inflammatory, an antibiotic and pain medication. The first two, take until gone, you will not need a refill unless directed by Dr. Wong. Take pain medicine only as necessary for your comfort. You may switch to over the counter pain pills as soon as you feel the prescription is not necessary. If you decide to do this, please call Dr. Wong to inform him of this decision.

If nausea or vomiting develops 30 – 45 minutes after taking the medication prescribed, stop taking that medication and call the office immediately. Dr. Wong might be able to substitute any or all of them if necessary. If nausea continues more than 12 hours call our office or call your primary care physician.

Take all medications given to you, unless otherwise indicated by Dr. Wong or your PCP. If pain medication refills are required, call your pharmacy and have them request a refill via fax. This will be an easier and faster process. Do not wait until you're out to request a refill, call 2 days ahead, as we do not do refills over the weekend. Please keep in mind that we refill all medications at the end of each day.

ALLERGIES

Inform the Doctor as well as the facility where your surgery will be performed of any allergies to latex or any medications.

REQUIRED TESTS

Blood work will be required for all procedures. Have this tests done **within a week** of the surgery.

If you are over 45 years old or have had heart problems in the past, an EKG will also be required before the surgery. If you had one done within the last 6 months and it was normal, please have a copy faxed to our office immediately. If it's been more that 6 months, we will need you to schedule one as soon as possible and have it fax back to our office without delay.

Females between the ages of 12-40 years of age will require a pregnancy test.

If you are diabetic, please inform your endocrinologist about the procedure you. Schedule an appointment to have him/her run the appropriate tests and cleared you for surgery.

For any other illness, call your primary care physician and have them run any appropriate tests. Clearing from your PCP will be required in order to proceed with the surgery.

ATTIRE

Wear simple, loose clothing to ensure your comfort. Leave all valuables and jewelry at home as the staff cannot secure these items for you. If you wear contact lenses, do not wear them the day of the surgery.

TRANSPORTATION AND PARKING

Please arrange in advance for an adult to drive you home following surgery. You may take a taxicab if an adult friend or relative accompanies you home, or you may arrange a ride in advance with Roadrunners by calling (650) 940-7016 (Mountain View area), we still recommend that a relative or friend accompanies you, as the Roadrunners might not be able to take you inside your home. Please call the facility where you surgery will be performed for information on specific parking directions.

INSURANCE AND BILLING

The hospital or surgery center will receive a copy of your insurance from our office prior to your arrival. On the day of the surgery, please bring your health insurance card(s) for verification. Charges incurred from the facility will be billed separately from the charges incurred by Dr. Wong. For anesthesiologist, pathologist, and radiologist (if applicable) please obtain their billing department phone number. The facility should be able to provide you with these numbers.

If you need to contact Dr. Wong's billing department their number is (408) 356-4959 extension 207, have your full name, date of birth, date of service and insurance card/s available. Although we check benefits, we recommend that you call your insurance as well so that you can verify coverage and what your out of pocket expenses will be.

DURABLE MEDICAL EQUIPMENT (DME)

Dr. Wong might recommend some equipment to speed up your healing and/or recovery. If this is the case, a representative from Sports Bracing will call you to make the necessary arrangements (company may vary depending of insurance). They will take the equipment to the facility or your home if you prefer. Make sure they answer all of your questions about the equipment. If you have any further questions their number is 408-978-1114. Sports Bracing will check if the DME is covered by your insurance, and if it's not, you have the option to pay out of pocket. Please discuss any payments directly with them.

RECOVERY

Following surgery you will be transferred to the Recovery Room for observation. The type of anesthesia you receive will determine your length of stay, it is anywhere from 1 – 4 hrs. They will evaluate your readiness for discharge prior to sending you home.

You may feel sleepy for 24 hours after the procedure, this is normal due to the medications you may have received both during and after your procedure. For your safety, please arrange in advance for an adult to stay with you the night of your surgery. If you have young children or others in your care, arrange in advance for their care as well. Rest should be in your mind focus following surgery.

FOLLOW UP

You will need a follow up appointment to see Dr. Wong one week after surgery, (2 weeks for total replacements) unless indicated otherwise. Please make your follow up appointment the day of your pre-op, or as soon as you get out of surgery or have some one call for you. It is very important that you keep this post surgery appointment.

HEALING & CARE

Healing takes time and may vary depending on your body's healing process.

Do not get the incision wet. It is recommended to have sponge baths until otherwise indicated by your doctor.

Do not try to take stitches and/or staples out yourself, and keep them completely dry. If you get them wet, contact our office immediately, as this can cause infection and slow the healing.

If you have a pain pump (some surgeries require it) do not try to take it out yourself, even if you think is empty or you think you don't need it anymore, or if you think it's not working properly. Do not intent to take castings off your self.

If you notice any signs of infection like swelling, bleeding, pus, oozing or extreme pain call our office immediately at 650-967-7249, or go to your nearest emergency room.

Name: _____ Surgery Date: _____ Check in: _____ Surgery Time: _____

Location of surgery: _____

Local Emergency Room Services

Palo Alto Medical Foundation Urgent Care 701 E. El Camino Real Second Floor Mountain View, CA 94040 Main phone: 650-934-7000 or 408-739-6000	Palo Alto Urgent Care Center 795 El Camino Real Level 1, Lee Building Palo Alto, CA 94301 Main phone: 650-321-4121
El Camino Hospital 2500 Grant Rd., Mountain View, Ca. 94040 (650) 940-7000 Extension 7055 Dr. on call number., can be provided by the hospital	Saint Louise Regional Hospital 9400 No Name Uno Gilroy, Ca. 95020 (408) 848-2000
Stanford Hospital 300 Pasteur Drive Stanford, Ca 94305 (650) 723-5111	Oconnor Hospital 2505 Forest Ave San Jose, Ca. 95128 (408) 947-2666
Regional Medical Center of San Jose 225 North Jackson Avenue San Jose, CA 95116 (888)-762-8881	Santa Clara Valley Medical Center 751 S. Bascom Avenue San Jose, Ca. 95128 (408) 885-5000