

Virginia Neurosurgeons

RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD | MATTHEW PIAZZA, MD

Pre-Operative Instructions

Thank you for scheduling surgery with Virginia Neurosurgeons!

Surgery Cancellation Policy:

Surgery canceled within 14 days of the scheduled surgery date are subject to a \$250 rescheduling fee and a \$500 cancellation fee.

If you have scheduled your surgery, you will receive a surgery instructions email with your surgery details and requirements.

The surgery start time is based off the availability of the operating room and the surgeon. Your surgery time should be confirmed within 24 hours of your scheduled surgery. Given the nature of our practice, there may be occasions when an emergency surgery will move your scheduled surgery time and/or date. We apologize in advance for any difficulties this may cause!

Pre-Op Testing Requirements:

All patients:

- Lab work (BMP, CBC, PT/PTT, and Urinalysis) *within 2 months*
- Medical clearance by Primary Care Physician *within 2 months*
- EKG *within 6 months*
- Type & screen *within 72 hours* (Please refer to page 2)
- Pre-op appointment in our office with Nurse Practitioner *one week before surgery*

Additional testing for patients with preexisting health conditions:

- Cardiac clearance by cardiologist *within 6 months*
- Rheumatology clearance *within 6 months*

Please see your *pre-op orders* attached to the surgery instructions email. Fax all results to (703) 248-0046. It is the patient's responsibility to make sure all of the testing has been completed prior to your scheduled surgery and sent to our office. **Please have your results given to our office at least 1 week prior to your surgery;** if results are not in on time, your surgery may be canceled.

Pre-Operative Imaging

***IMPORTANT:** We must physically receive all imaging CD's at least 1 week prior to surgery.*

Cranial surgery: You will be asked to do additional navigation imaging prior to surgery.

Spinal surgery: You may be asked to do additional imaging prior to surgery.

Virginia Neurosurgeons

RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD | MATTHEW PIAZZA, MD

Pre-Operative Screening Department

Please note, the pre-operative screening department is not open on weekends or Holidays.

Directions:

The Pre-operative Screening Department is located in Zone A, lobby floor, of VHC Health (same zone as our office). It is directly behind the Starbucks, and says “Admissions” at the top.

Type & Screen:

You must do a type and screen at VHC Pre-operative Screening Department within 72 hours of your surgery. If you are willing to sign an extension, we can complete this within 7 days of the surgery date. Please refer to the surgery instructions email for the date of your type and screen. During your type and screen, you will get a blood typing and blood screening. They may also perform a Covid test. **They will give you a wristband that will need to remain on your wrist until your surgery.**

Phone Interview:

The Pre-operative Screening Department will contact you a day or two before surgery to schedule a phone interview. During the phone interview, the nurse will ask you about your medications.

Time off work

- The surgical office can complete the Family Medical Leave Act/Short-Term Disability paperwork per request. **Please note there is a 7–10 business day turnaround time from when we receive the forms.** We can return forms within 3 days of the surgery date, no earlier.
- You should contact your surgical team to discuss when you will be able to return to work after surgery, as different surgeries require different recovery periods.
- The office can provide for short-term disability up to 12 weeks after surgery. Any additional time off will need to be determined by your primary care physician or referring provider.
- Please note, there is a \$50 letter fee, \$80 form fee. There is also a **free form** we provide to patients for time off work, return to work, and restrictions on our letter head if needed.

Billing

Please familiarize yourself with your insurance benefits. You are required to pay your estimates costs **prior to your surgery date**. Please contact the office within one week of surgery to pay your estimate. Our office will bill for our professional charges only. The hospital, anesthesia, and Neuromonitoring, if applicable, will be billed separately. Please reach out to the following contacts if you have questions.

Virginia Neurosurgeons

RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD | MATTHEW PIAZZA, MD

Billing Contacts:

Virginia Neurosurgeons 703-248-0111 option 3
Anesthesia (Dominion Anesthesia) 1-888-276-1910
Hospital (VHC Billing) 1-703-558-6391
Neuromonitoring 1-800-348-4565

Medication Instructions

Please contact your prescribing doctor for instructions on stopping prescription medications prior to surgery.

Please hold all supplements 7 days prior to surgery.

Blood-thinning medications: should be held for 7 days prior to surgery.

These medications include, but are not limited to, the following:

- **Aspirin** and anti-platelet medication (Aspirin, Plavix, Anacin, Bufferin, Bayer, etc.)
- **Anticoagulants** (Coumadin, warfarin, Eliquis, Pradaxa, Xarelto, etc.)
- **Drugs that contain aspirin** (Alka Seltzer, Anaprox, Ascriptin, Coricidin, Darvon, Dristan, Duragesic, Ecotrin, **Excedrin**, Fiorinal, Midol, Percodan, Sine-off, Triaminic, Vanquish)
- **NSAIDs (non-steroidal anti-inflammatories)** (**Advil, Aleve**, Cataflam, Clinoril, Diclofenac, Dolobid, Feldene, **Ibuprofen**, Indocin, Medipren, **Mobic, Motrin**, Nalfon, **Naprosyn**, Nuprin, **Relafen**, Rufen, Tolectin, **Toradol**, Trilisate, Voltaren)
- **Other medications or supplements that may cause bleeding** (Vitamin E, Fish Oil, St. John's Wort, Gingko Biloba)

You may take Tylenol and/or acetaminophen-containing products.

Diabetes medications: If you are diabetic, and take either insulin or pills to control your diabetes, you must be given special instructions on when to hold these medications. Please discuss with the doctor who prescribes these medications prior to your surgery date to determine the best plan for holding these medications the morning of surgery.

Rheumatoid medications: If you take medications for rheumatoid arthritis or lupus, these medications should be held at least one week prior to surgery. This should be discussed with the doctor who prescribes these medications.

Blood Pressure or Thyroid Medications: If you are taking a medication for blood pressure or thyroid, please ask your prescribing doctor what to take the day before and day of surgery. We suggest you stop taking ACE-inhibitors, e.g., lisinopril, ramipril or agents ending with “-pril,” as well as ARBs, such as losartan, valsartan and meds ending with “-sartan,” on the day before surgery (24 hours before).

Virginia Neurosurgeons

RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD | MATTHEW PIAZZA, MD

The Week before Surgery:

- SKIN PREPARATION PROTOCOL for infection control for SPINE PATIENTS: We strongly recommend that you wash with the antibacterial soap agent called chlorhexidine gluconate (CHG 4%) starting 3 days prior to surgery. See page 7 for details. This does NOT apply to brain surgery or shunt surgery patients.
- Ensure that our office has received all pre-op testing results/imaging
- Discontinue all blood-thinning medications minimum 7 days before surgery, or as directed.
- **ENSURE OUR OFFICE HAS CD'S OF ALL UPDATED IMAGING**

The Night before Surgery:

Do not have ANYTHING to eat or drink after 11:59 PM the night before surgery.

- This includes gum, mints, candy, and any tobacco/nicotine products. You may brush your teeth, but do not swallow any water.
- If you were instructed to take any medications the day of surgery, you may take them with a sip of water.

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN CANCELATION

Day of Surgery:

What to Bring

- Pack lightly and wear loose, comfortable clothes (recommended to wear button up clothing). Bring a case for any glasses, dentures, or hearing aids that you are bringing to the hospital.
- Do not bring ANY money, jewelry, or valuables with you to the hospital.
- If you wear a wedding band, you will be asked to remove it prior to going to surgery, and therefore may want to leave it at home.
- Bring any essential medications in the original bottles. While most medications are available through the hospital pharmacy, some specialized medications may require you to bring your own supply.

Time to Arrive

You will receive a call the day before your procedure informing you of your arrival time. Patients are asked to arrive for their surgery 2 hours prior to. Please make arrangements to

accommodate both an early and late arrival. Report-time is not your surgery start time; your surgery will begin after you have checked-in and the operating room is ready for you. The time of your surgery is subject to change due to OR availability.

Virginia Neurosurgeons

RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD | MATTHEW PIAZZA, MD

Where to Arrive

Address: 1625 N. George Mason Drive, Arlington VA 22205

Parking: You may park in **Zone A parking garage, (blue signs)**. There is a \$7 flat fee for the parking garage. If you are getting dropped off, you may walk in through the **main lobby doors**. **If the doors are closed, you may have to enter the building through the emergency department.**

Report to **Zone A 2nd floor/Outpatient Surgery** area, when you arrive at the hospital the day of your surgery. Take **elevators A** up to the **2nd floor**. Turn left out of the elevators and you will see the check in/waiting area down the hall on your right.

After Surgery:

Discharge Preparation

- You will be given advanced notice of your discharge date by the neurosurgery team or medical hospitalist. In addition, you will receive written discharge instructions specific to your surgery.
- Please have a designated person to pick you up or escort you home. **You must have a responsible adult to accompany you on the day you are discharged.** If you are planning to take public transportation or a private car (cab, Uber, Lyft, etc.), the driver cannot be considered your escort. Failure to have a responsible adult to accompany you home can result in cancellation of your surgery (if outpatient) or delay of your discharge.

Post-operative Appointments

- Your post-operative appointments will be scheduled for you prior to surgery

Cranial surgeries: Your first post-op appointment will be within 7-10 days of surgery with the Nurse Practitioner (NP). Your second post-op appointment will be within 4-6 weeks of surgery with your Surgeon. After that point, your appointments will alternate between the NP and Surgeon.

Spinal Surgeries: Your first post-op appointment will be within 7-14 days of surgery with the Nurse Practitioner (NP). Your second post-op appointment will be within 6-8 weeks of surgery with your Surgeon. After that point, your appointments will alternate between the NP and Surgeon.

Medication refills

- Most patients will be discharged with a pain medication prescription to help relieve post-surgical pain. It is your responsibility to discuss pain medication refills and expectations with

Virginia Neurosurgeons

RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD | MATTHEW PIAZZA, MD

your surgical team before your surgery. The office requires 2 business days to process prescription refills.

- **Our office will only prescribe pain medication for up to 8 weeks after surgery.**
- If your medications are not controlling your post-operative pain, please contact your surgeon's office to discuss treatment options. If there are issues managing your pain after your surgery, you may be asked to see a pain specialist.

Miscellaneous reminders

- If you had cervical or lumbar fusion surgery, you should not take non-steroidal medications such as ibuprofen, Aleve, Naprosyn, Motrin, Advil, etc., until your surgeon tells you. In most cases, these medications can be resumed 12 weeks after surgery. If you did not have a cervical or lumbar fusion, you may resume the above medications approximately 10 days after surgery.
- Undergoing surgery is a stressful experience, and it is important to have support during this time. Please reach out to your primary care doctor if you feel the need for additional help or support.

If you should have any questions on any of the information provided, please contact the Surgical Coordinator at (703) 248-0111 or surgery@vaneurosurgeons.com. If you have an urgent request or non-surgical questions, please call the front to discuss this matter.

Virginia Neurosurgeons

RICHARD D. MURRAY, MD | NIKHIL R. NAYAK, MD | MATTHEW PIAZZA, MD



shutterstock.com - 26557470

Preoperative Showering Instructions for Skin Prep before *Spine* Surgery

YOU can help prevent infection of your surgical site, by taking special showers with a soap called chlorhexidine gluconate 4% (also called CHG. A common brand-name is Hibicleanse). *Brain surgery and shunt surgery patients do NOT do this unless otherwise directed.*

Spine-surgery patients will need to take three CHG showers. Ideally, the first shower is 2 days before surgery, then the day or night before surgery, and the morning of surgery.

Follow these steps:

- 1.) Shower as you normally do with your own soap, shampoo.
- 2.) Turn off or step away from the shower water.
- 3.) Apply the 4% CHG body wash from the jawline and neck down to your feet. Do not get it on your face or genitals.
- 4.) Let the soap sit on your skin for 1 minute.
- 5.) Turn water back on and rinse it off. Do not follow with any other cleanser.
- 6.) Step out of shower and dry skin with a clean towel and put on clean clothing.
- 7.) After the final third shower, do not apply any lotions, deodorants, powders, or sprays to your skin.

CHG soap can be purchased at most retail pharmacies, and is sold over-the-counter (without a prescription).



Sources:

Warren, B. G., Nelson, A., Warren, D. K., Baker, M. A., Miller, C., Habrock, T., Bongu, J., Gowda, A., Johnson, J., Anderson, D. J., & CDC Prevention Epicenters Program (2021). Impact of preoperative chlorhexidine gluconate (CHG) application methods on preoperative CHG skin concentration. *Infection control and hospital epidemiology*, 42(4), 464–466.

<https://doi.org/10.1017/ice.2020.448>