



Dear Patient,

We have created this packet of information in order to make your surgical experience as pleasant as possible. Enclosed are several preliminary papers regarding your pre-admission testing and material describing what you need to do both pre-operatively and post-operatively.

**The pre-operative nurse will call you LATE the afternoon before your surgical date to inform you of the time and location of your surgery. You will also be reminded not to eat anything after midnight, prior to your surgery. If you are taking medications, specific instructions will be given as to whether or not you may take your prescription dose. Please check with the nurse when you are called.**

On the day of surgery your anesthesiologist will answer questions regarding **anesthesia** once you have reached the holding area. Typically, an epidural/spinal block is used for the majority of the surgical cases involving the foot and ankle though ankle level block and popliteal block (behind the knee) may be used frequently as well. Post-operatively, a small percentage of patients experience some discomfort in their lower back, which is usually relieved with a dose of extra strength Tylenol.

You **must have someone escort you home** from the hospital, as per NY State Law. Prescriptions for your **post-op medication** will be given to you after the surgery, before you leave the hospital.

Please contact our office should you have any questions or concerns regarding your surgery.

We wish you speedy recovery.

**Dr. David S. Levine's Staff**



## Insurance Information

Dr. Levine is an out of network provider. While we do submit our surgery bill to your insurance company, this does not change his insurance provider status therefore you will be responsible for any balance.

You will not be expected to pay any post op visits for 90 days following the surgery. One the 90 days are over, you are expected to pay for your follow up visits as you did pervious to the surgery and submit to your insurance on your own.



## Anesthesiologist Information

**East River Medical Anesthesiology, P.C.**  
535 E 70<sup>th</sup> Street  
New York, NY 10021

The anesthesiologists at Hospital for Special Surgery will play a vital role in your upcoming surgery – administering anesthesia to ensure your comfort and safety during your surgical procedure and entire hospital stay. After your surgery, an anesthesiologist with critical care expertise will care for you in the recovery room and, in addition your surgeon may consult an anesthesiologist from our acute pain team to treat your post-surgical pain.

Similar to your surgeon's charges, the anesthesiologist's professional fees, including fees from the acute pain service, are not included in your hospital bill. While all of our anesthesiologists participate with Blue Cross Blue Shield, Aetna, Medicare, Medicaid, Workers Compensation and No-Fault, we recommend that you contact our billing company, Billing Services, Inc. (BSI) or your insurance carrier, depending on the specifics of your plan. Even if we participate with your carrier, depending on the specifics of your plan, you may be responsible for payment of a co-pay, deductible, co-insurance or other balance. If we do not participate with your insurance carrier, please contact BSI or your carrier to confirm the extent of coverage under your plan. Please be reminded that if there is an outstanding balance after the insurance has processed your claim, whether deductibles, co-pays, co-insurance, or for any other reason, you will be responsible for payment of this balance.

Regardless of your insurance carrier or our participation status with that carrier, after your surgery you will receive a bill for anesthesia services. BSI will also file this claim directly with you carrier. In some cases you may be asked to speak with your carrier to ensure that we are paid appropriately for our services. BSI will enable, and assist you, in this process. Finally, in the event that your insurance carrier sends you the check for anesthesia services, you are responsible for forwarding that payment to us.

If you have any other questions about your anesthesia bill, please contact BSI toll free at 888.877.3850, Monday through Friday from 9am to 5pm.



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## Initial Discharge Instructions

- IV or epidural pain medication is used for the first 24 hours in the hospital
  
- You will be discharged from the Hospital with prescriptions for the following
  - **Pain Medication** (i.e. Percocet, Norco, Vicodin)  
Please advise the office if you experience nausea or have any allergies to medication
  
  - **Lyrica**
  
  - **Ibuprofen**
  
  - **Tylenol**
  
  - **Zofran**
  
  - **Aspirin**  
This is prescribed as a blood thinner in order to prevent blood clots while you are immobilized and non-weight bearing. Please let us know if you are allergic to aspirin or are already taking a blood thinner.
  
- You will be discharged from the hospital with a walker or on crutches. A physical therapist will instruct you on how to ambulate non weight bearing on the affected side. With certain fractures you will be discharged with a bulky sterile ace wrap dressing instead of a posterior splint. If this is the case, the physical therapist will follow over gentle range of motion exercises.
  
- **Your activity should be very limited for at least the first two weeks after surgery.** This time should be exclusively with your affected ankle elevated on 2-3 pillows (above the level of the heart) while you are lying in bed, sofa, etc. The purpose is to minimize swelling, decrease pain and maximize wound healing.
  
- You must keep your dressing dry at all times. Purchasing a shower bench prior to surgery is recommended. **\*\*Please wrap your operated area in a large plastic bag taped above your knee so that absolutely no water or moisture is near wound.**

*If you have any additional questions or concerns,  
please contact us at (212) 606-1940 or [info@davidslevine.com](mailto:info@davidslevine.com)*



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## Post-Operative Instructions for Foot/Ankle Surgery

### Dressing/wound care:

- Keep dressing clean and dry
- Do not remove dressing, reinforce if needed if it becomes saturated or loose
- Elevate as much as possible to maximize wound healing and decrease swelling

### Weight bearing:

- Strictly follow weight bearing restrictions
- Do not increase weight bearing even if you begin to feel better

### Medications:

You may be given a prescription for pain, anti-nausea, inflammation and/or blood clot prophylaxis.

- ❑ *Pain medication* – you may take these as directed or as needed. You are not required to take these, however it is beneficial to take on schedule to keep pain controlled during your first few days after surgery. (i.e. Percocet, Norco, Vicodin)
- ❑ *Lyrica* – this medication is for nerve related pain. It is recommended that you take this for the first 3 nights following surgery.
- ❑ *Zofran* – anti-nausea medication that is to be taken only as needed
- ❑ *Ibuprofen* – a prescription will be given for ibuprofen as a reminder to take it. You may buy this medication over the counter and take 3 200mg tabs 3 times daily on a full stomach. You should do this for the first 3 days following surgery to help decrease inflammation and therefore decrease your pain.
- ❑ *Aspirin* – a prescription will be given for EC (enteric coated) ASA/Aspirin 325mg to help with blood clot prevention/DVT prophylaxis. This is a reminder prescription and can be purchased over the counter. You should continue this medication as long as you are non-weight bearing or with limited mobility.

**Follow up appointment:** Call Dr. Levine's office to schedule your first follow up appointment at 212.606.1940. This will be 10-14 days following your surgery. At that time, your splint or dressing will be removed and sutures will be removed by the nurse. Instructions for exercises, change in weight bearing and showering will be discussed. Outpatient physical therapy may be prescribed at this time.

*If you have any additional questions or concerns,  
please contact us at (212) 606-1940 or [info@davidsville.com](mailto:info@davidsville.com)*



# What to bring on the day of surgery?

HSS is committed to providing a safe and secure environment during your stay. In order to keep your belongings safe, we kindly request that you do not bring any valuables or unnecessary personal belongings (e.g., suitcases, jewelry, cash, medical equipment, etc) with you.

Please pack lightly as HSS staff cannot store multiple bags. Belongings that fit into a storage bag issued by HSS will be secured and stored for you while you are in the operating room. You will be provided with a hospital gown throughout your stay. Any additional personal belongings will be given to your designated visitors or family members for safekeeping. We will not be able to secure any suitcases, luggage or backpacks for you or your visitors. HSS will not be responsible for any lost or misplaced personal belongings that were not secured by staff.

On the day of surgery, please only bring documents and necessary items as directed by hospital staff.



## Pre-Admission Checklist:

- Legal ID you used when scheduling surgery with your doctor, health insurance card and prescription cards
- Medical information as requested by hospital staff & physician, such as lab reports, Advance Directives, Immunization status information
- List of medications including how often you take them, indication and dosage (Do not bring the medications with you on the day of surgery unless instructed by staff)
- Dentures, eyeglasses and essential medical equipment such as braces, sleep apnea settings and masks (not the machine)
- Wear comfortable clothing and non-slip shoes (athletic footwear)
- Identify no more than 2 visitors to accompany you during the day of surgery

**HOSPITAL  
FOR  
SPECIAL  
SURGERY**

**WHERE THE  
WORLD COMES  
TO GET BACK  
IN THE GAME**

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# Welcome

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## Family Atrium Guide

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Information for the Day of Surgery or Procedure

## Surgical Centers & Atrium Information

### Ambulatory Surgery Center

Location	Main Hospital / 9th floor
Patient Liaison	212.774.2179
Services	M-F 6:30am – 7:30pm
Recovery Room	212.606.1154
	M-F 7:00am – 12am

### Hand and Foot Center

Location	Main Hospital / 1st floor
Patient Liaison Services & Patient Access	646.797.8545
Services	M-F 5:30am – 6pm
Recovery Room	646.797.8878
	M-F 5:30am – 8pm

### Same Day Surgery Center

Location	Main Hospital / 4th floor
Patient Liaison	212.774.2201
Services	M-F 5:30am – 9pm

### Special Procedures Unit

Location	429 East 75th Street
Patient Liaison Services & Patient Access	646.714.6768
Services	M-F 7:00am – 7:30pm



Our Family Atriums are located on each of our surgical and procedure floors. Each area is staffed by Patient Liaisons and volunteers who will keep you informed and are available throughout the day to answer your questions. We aim to make your visit as comfortable as possible.

When you arrive, please check in at our reception desk. If you are accompanying a patient and would like to leave the area, please leave a contact phone number with one of our Patient Liaison staff.

For your comfort and convenience our Atriums offer:

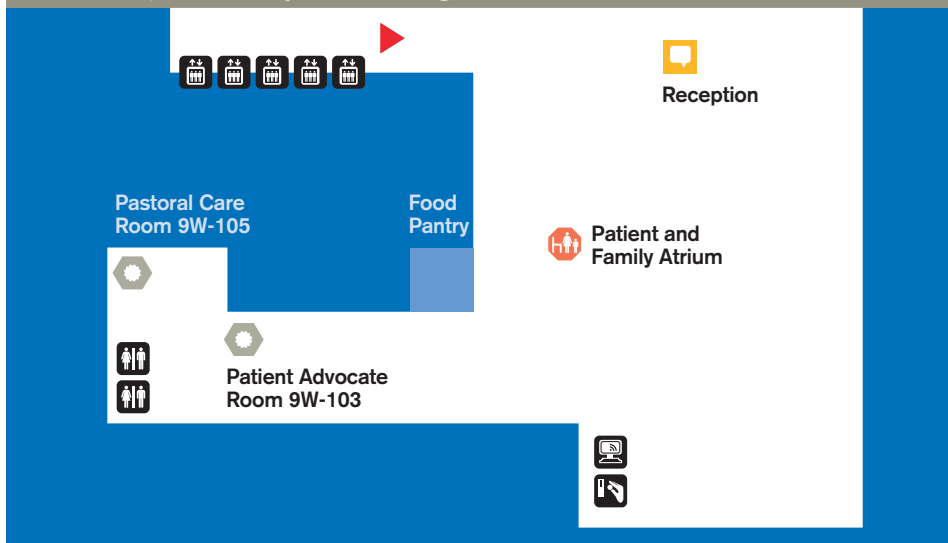
- Cell Phone charging stations
- Complimentary coffee and tea
- Computers with free internet access
- Free Wi-Fi
- Newspapers and magazines
- Vending machines
- Pyramid Café (4th floor and lobby)

For information on where to eat, please ask for a copy of our Neighborhood Directory. At HSS, cafés are located in the lobby and the 4th floor of the Main Hospital and in the Belaire Building.

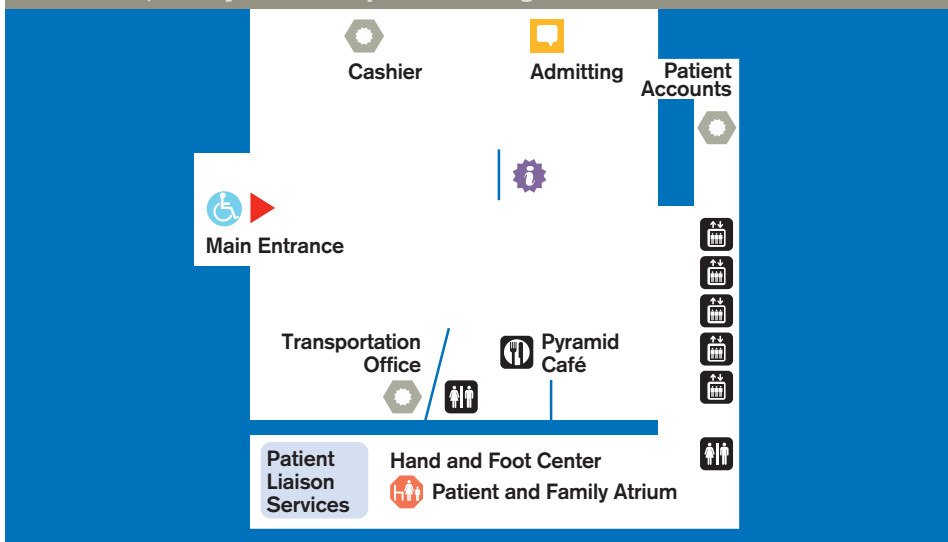
**We speak your language.**

Please see a staff member for interpretation or communications assistance.

### Ambulatory Surgery Center 9th Floor, Main Hospital Building



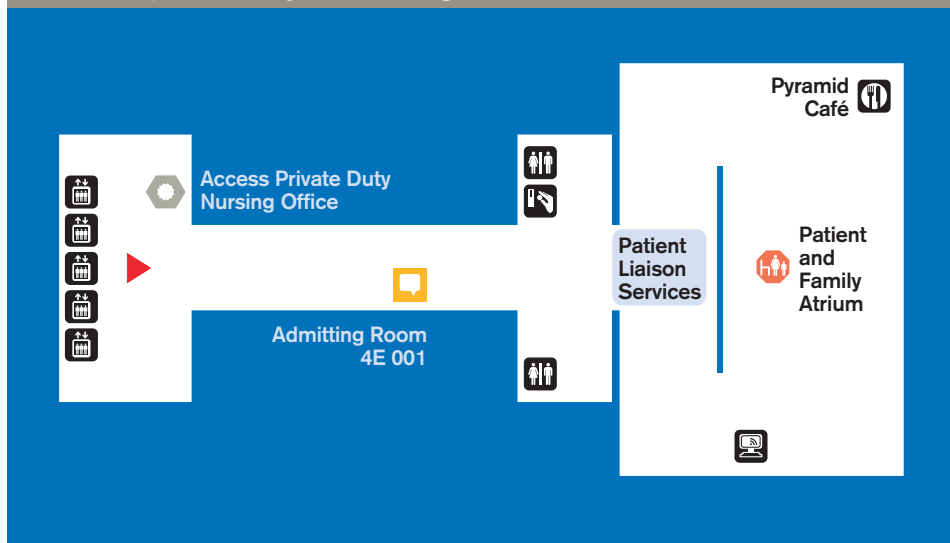
### Hand and Foot Center 1st Floor, Lobby Main Hospital Building



-  Entrance
-  Reception/Admitting
-  Accessible Entrance
-  Office
-  Information Desk
-  Patient and Family Atrium

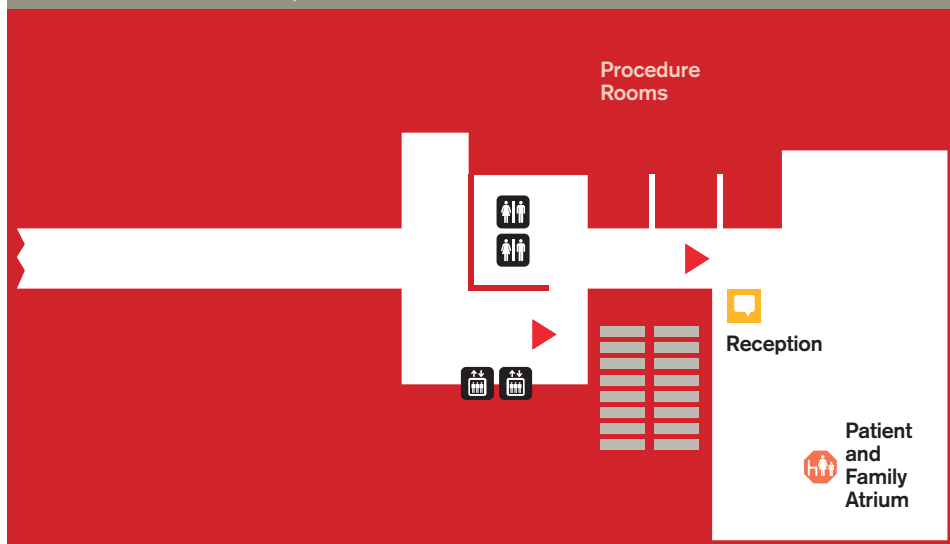
## Same Day Surgery Center

4th Floor, Main Hospital Building



## Special Procedures Unit

429 East 75th Street, 2nd Floor




 Restroom

 Elevator

 Stairs

 Computer/Internet Kiosk

 24 Hour ATM

 Vending Machine

### Plan Ahead for the Day

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If you have children, family members, or pets at home who require your care, consider a back-up plan in case recovery is longer than expected – each patient recovers at a different pace. For their safety, children age 13 and younger cannot visit in pre-operative rooms, recovery areas, or patient rooms.

### Visiting patients at HSS

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- For the safety and comfort of patients and families, we respectfully request that only two visitors accompany the patient on the day of surgery.
- For more information on visiting policies during recovery, please ask the patient liaison staff in the Patient and Family Atrium. They will accompany visitors into the recovery areas or PACUs.
- Inpatient Room visiting hours: 11 am – 9pm.

### Preparing for Surgery

For more information for patients preparing for surgery at HSS, please ask for a copy of *Your Pathway to Recovery: Information Guide for Ambulatory and Inpatient Surgery*. You can also find more information at [www.hss.edu](http://www.hss.edu), as well as on HSS's [Facebook](#) and [Twitter](#) pages.

## 4th Floor Recovery Room (PACU) Visiting Times and Guidelines

While patients are in the recovery area (PACU), a quiet and healing environment is critical for recuperation. We ask that all visitors follow our PACU visiting guidelines to ensure the safety, comfort, and privacy of all our patients.

One visitor is permitted during each 15 minute visit in the recovery area. **All visitors must be 14 years or older.**

The Hospital allows 24-hour visitation by parents and guardians of pediatric patients only.

A patient liaison will make sure to let you know when it is time to visit in recovery.

### Recovery Area (PACU) Visiting Times 15 Minute Visits

Please note that visits begin and end promptly.

9:00 AM (overnight patients only)  
11:30 AM  
2:00 PM  
4:00 PM  
6:00 PM  
8:00 PM

At the time of the visit:

- Patient liaisons will escort you to the patient's bedside and provide you with a yellow gown.
- Please turn off your cell phone.
- Please leave all food, drinks, gifts, and flowers in the Family Atrium.
- All visitors must be escorted to the patient's bedside.

24 Hour Patient Information: 212.606.1377

Atrium Patient Liaison Desk: 212.774.2201

## Hospital Campus Overview

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UPTOWN  
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▼ SECOND AVENUE

▲ FIRST AVENUE

▲ TO E 75 ST


**Special  
Procedures  
Unit**  
429


**Ambulatory  
Care  
Center**
475  
▲

&gt; E 72 ST

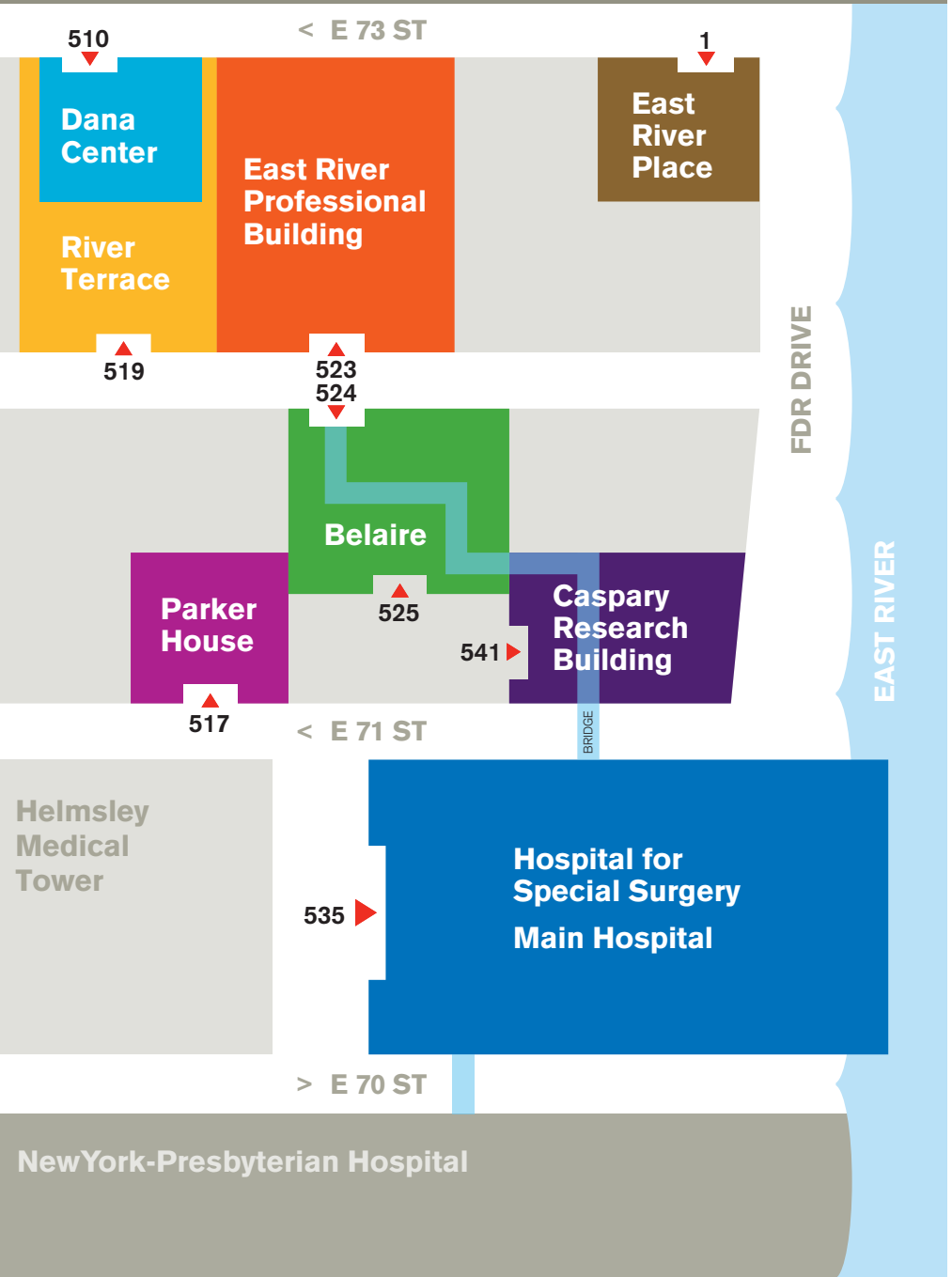
▼ YORK AVENUE ▲

## Legend

<b>Main Hospital</b>	535 East 70th Street
<b>Belaire Building</b>	525 East 71st Street
<b>East River Professional Building</b>	523 East 72nd Street
<b>Ambulatory Care Center</b>	475 East 72nd Street
<b>Dana Center (River Terrace)</b>	510 East 73rd Street
<b>Special Procedures Unit</b>	429 East 75th Street
<b>River Terrace</b>	519 East 72nd Street
<b>Caspary Research Building</b>	541 East 71st Street
<b>New York-Presbyterian Hospital</b>	525 East 68th Street
<i>Not shown on map:</i> Integrative Care Center (ICC)	635 Madison Avenue (@ 59th Street)

&gt; E 70 ST

▼ DOWNTOWN



This brochure and additional information can be found online at:

[www.hss.edu/patient-information.asp](http://www.hss.edu/patient-information.asp)



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[@HSpecialSurgery](https://twitter.com/HSpecialSurgery)



Find us on Facebook

[www.facebook.com/hspecialsurgery](http://www.facebook.com/hspecialsurgery)

We welcome your comments.

Please complete a survey in the Family Atrium or email us at:

[serviceexcellence@hss.edu](mailto:serviceexcellence@hss.edu)





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Hospital for Special Surgery is an  
affiliate of NewYork-Presbyterian  
Healthcare System and Weill Cornell  
Medical College.

535 East 70th Street  
New York, NY 10021  
tel 212.606.1000  
[www.hss.edu](http://www.hss.edu)