



# CEDARS-SINAI MEDICAL CENTER.

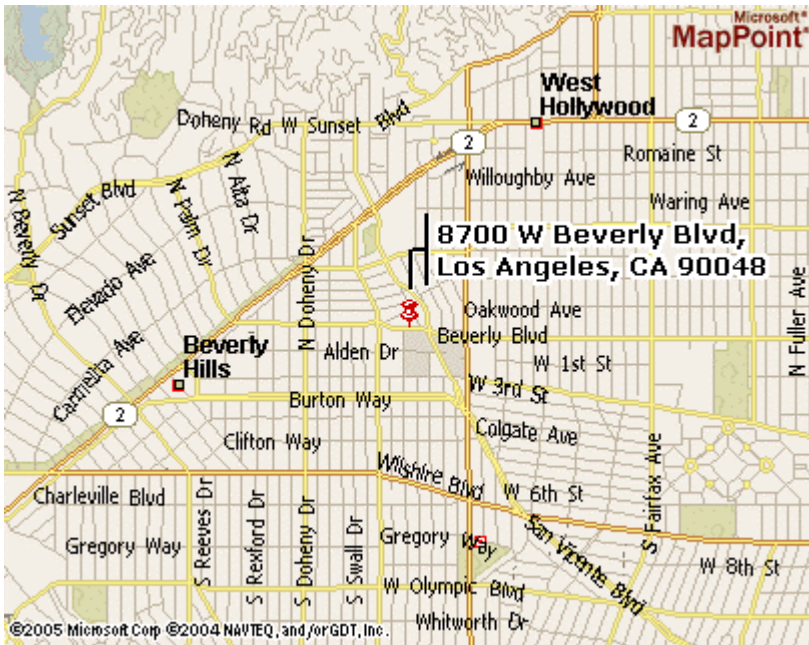
## Institute for Spinal Disorders

Robert S. Pashman, MD  
Director, Scoliosis and Spinal Deformity

## Pre-Surgical FAQ's

Please keep in mind Dr. Pashman is a surgeon and occasionally, for reasons beyond our control, surgery dates and times may change and we thank you for your understanding.

On the day of your surgery you should report to **Cedars Sinai Medical Center, 8700 Beverly Boulevard, Los Angeles, CA 90048, (310) 423-3277, Admitting Office Street Level, South Tower** 2 hours prior to your scheduled surgery time (*additional information to follow*), unless otherwise advised by surgery center personnel.



444 S. San Vicente Blvd., Suite 800 ■ Los Angeles, CA 90048  
Office (310) 423-9983 ■ Fax (310) 423-9963

You need to have a pre-operative medical clearance *no more than 7 days prior to the surgery date*. To avoid any delays the day of your surgery, this will be scheduled with a **local internist** if you do not have one. The same doctor will follow you medically during hospitalization, including visiting the evening of the surgery and every day following, until discharged.

If you develop a fever, cold symptoms, coughing, chills, aches or any other illness prior to your surgery date, notify your family doctor and the office of **Dr. Pashman at (310) 423-9983** promptly.

## **Don'ts**

DO NOT eat or drink anything after midnight the day before your surgery. This includes water chewing gum, breath mints, etc. There are exceptions that may be made by your internist or surgeon.

DO NOT, swallow any of the water/mouth wash, you may brush your teeth and rinse your mouth.

DO NOT take any jewelry or valuables to the hospital.

DO NOT wear make-up the day of surgery, or wear dark colored nail polish on hands or feet. This may interfere with the Anesthesia monitoring equipment.

NO smoking prior to and status post surgery, at least 6 months, for **ALL FUSION** surgeries.

## **Medications**

If you take medication on a daily basis, please check with your prescribing/family doctor for proper discontinuation or instructions prior to surgical procedure. If you are instructed to take medications the date of surgery, you may do so with a small sip of water.

No aspirin or medication containing aspirin should be taken for two weeks prior to your surgery date. Such as: anti-inflammatory, Vitamin A, St. Johns Wort, MSM, glucosamine, Sam-E, ginger, and garlic tablets, or non-steroidal analgesics i.e.: Advil, Nuprin, Naprosyn, Chinese herbs or plant extracts (especially: Ginko-Biloba, Mahuang, Kava-Kava Root, or ginseng, etc.).

## **Films**

Please make arrangements for **ALL FILMS** to be at Dr. Pashman's office prior to your surgery date. If you are unable to do so, it is patient responsibility to hand carry films the date of surgery. **NO FILMS=NO SURGERY!** Films will be returned to you at post-operative visit.

## **Pre-Operative Surgery Spine Class**

Cedars Sinai Medical Center offers a spine class for you and your family. You have the opportunity to talk with nurses in the care of post-operative spine patients. Classes are held on Wednesdays from 4:30 pm – 5:30 pm at **Cedars Sinai Medical Center, South Tower**. Please call **(310) 423-9997** or **(310) 423-9987** for further information.

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## **Cedars Sinai Medical Center Pre-Admission**

Pre-admission is available, please call for an appointment at **(310) 423-4068**. Hospital logistics can be provided at this time. Please report to **8700 Beverly Blvd., Los Angeles, CA 90048, South Tower** information desk.

## **Blood Donation**

If you would like to donate your own blood for surgery please contact **Cedars Sinai Blood Donor Facility** at **(310) 423-5347**. Please note, Type & Screen Blood Test is available through the hospital, this is used to aid in matching blood from the blood bank for you.

## **Insurance**

Your surgeon's office will obtain surgical pre-certification as required by most health insurance.

Please note that insurance benefits vary in the ability to cover surgeon's fees, co-surgeon, surgery procedures, hospitalization, anesthesiology and other special equipment and needs you may have.

It is your responsibility to inquire with your health insurance regarding coverage, out of pocket expense such as deductibles.

For financial questions regarding Dr. Pashman's services, please contact **Med Net at (310) 322-4278**.

Cedars Sinai Medical Center has privately contracted anesthesiologists, who work with our surgeons. If you have any financial questions regarding anesthesia, please contact the **Anesthesia Department** at **(213) 637-3700**.

## **Co-Surgeon**

If your procedure requires a specialty surgeon, e.g. vascular surgeon a pre-operative appointment will be required with the doctor.

*Any questions or concerns should be addressed to the individual doctor's office providing the services.*

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