



New Hampshire NeuroSpine Institute



Surgery

at the New Hampshire NeuroSpine Institute

Caring for the quality of your life.



Surgery

New Hampshire NeuroSpine Institute

Thank you for choosing NH NeuroSpine Institute, we appreciate the confidence you have instilled in us. It is our goal to make the surgical scheduling process as seamless as possible. We understand that preparing for surgery can be unsettling and it is our goal to support you throughout this process. Our surgical team is committed to providing you with the highest quality of care. In this pamphlet, you will find a description of your appointments prior to surgery, the insurance process, and a brief description of what to expect after your surgery. While we hope this pamphlet is most helpful and informative, if you have any questions at any time during the scheduling process, we encourage you to contact our Surgical Coordinators at (603) 472-8888 ext 360.

The Scheduling Process

The scheduling process starts with your surgeon indicating a need for surgery and the surgical procedure intended. From there, you will meet with one of our surgical coordinators. Our goal is for you to meet with the surgical coordinator immediately following your appointment with the Doctor. However, if the coordinator is unavailable at the time of your check-out, the coordinator will contact you within 24 hours to start the process. We will work to accommodate your schedule as best we can, and we also appreciate your flexibility with scheduling. Please evaluate your schedule carefully before choosing a surgical date. Once you have chosen a date, we start the scheduling process by contacting the hospital and scheduling any required preoperative appointments. Depending on the time frame, we will contact you with these appointments as the surgical date grows nearer.

Pre-Operative Appointments

Pre-operative appointments are extremely important in your preparation for surgery. They will act as an informational tool for you as well as help to ensure the day of your surgery goes as smoothly as possible. The complexity of your case will determine the number of appointments that need to be scheduled to prepare you for your surgery. Below are some examples of the appointments you may be scheduled for:



- **Informational pre-operative appointment** - Scheduled with a NH NeuroSpine Institute Physician Assistant to discuss in detail: your surgery, the hospital stay, and both pre-operative and post-operative instructions. It would be beneficial to bring a family member or a close friend to this appointment.
- **Hospital pre-operative appointment** - Takes place at the Hospital — at which time you will complete your pre-admission testing along with obtain information regarding your hospital stay.
- **An appointment with the co-surgeon** - If your surgery requires the assistance of a co-surgeon, such as a general or vascular surgeon, an appointment will be scheduled for you to meet and discuss their portion of the case.
- **Pre-operative clearance** - In some cases, your surgeon will require that your primary care physician medically clear you for surgery. NH NeuroSpine Institute does not require that you be seen by your primary care physician to obtain this clearance. However, in some cases, the primary care physician will require you to be seen. This will depend on a variety of factors such as your individual medical history and when you last saw your primary care physician. If medical clearance is needed, we will forward the clearance form to your physician and we suggest you follow up with them to determine if an appointment will be needed.

We understand that you are busy and it is difficult to coordinate multiple appointments leading up to your surgery. We will do our very best to accommodate your schedule. Please notify us immediately of any potential conflicts, as pre-operative appointments are imperative to the completion of your surgery.



On the Day of Surgery

Do not eat or drink anything after midnight the night prior to your surgery, unless otherwise instructed. This includes all foods, liquids, water, candy, gum, and breath mints. You may brush your teeth or rinse your mouth on the day of surgery, provided nothing is swallowed. Wear loose, comfortable clothing. Remove all nail polish and makeup, including lipstick and mascara. Leave all jewelry or other valuables at home or with a family member. Absolutely no jewelry may be worn in surgery. Please arrive at the time previously set by the hospital at the time of your pre-op testing. Upon arrival, you will be taken to the Surgery Day Care area where you will be prepared for surgery.

Hospital Stay

The length of your stay in the hospital will be determined by the complexity of your procedure and your underlying medical conditions. There are two different types of admittance: inpatient or AM admission and outpatient. These are determined by the anticipated length of time that you will be spending in the hospital and on how your recovery goes after surgery. Your admission type is decided prior to surgery and is subject to change based on your condition and progress after the surgery. These details and your discharge plan will be discussed at the time of your informative pre-operative appointment.

Discharge Planning

In most cases patients will be discharged to their home where they will be assisted (when necessary) by a family member. However, in some cases there may need to be an alternate plan for discharge. In those cases the patients may need home care services or treatment in a rehabilitation facility. Our Physician Assistant will help determine which plan is best for you. It is very important that following this appointment you confirm coverage for these services with your insurance company. The insurance benefits for this are not always based on medical necessity; they are based on the coverage terms of your insurance policy.

Insurance Authorizations

As with any part of your overall health care, it is important to understand what your insurance benefits are. As the patient, it is your responsibility to understand the financial obligations based on your insurance coverage. NH NeuroSpine Institute will be happy to provide you with the procedure codes of your proposed surgery. This will help you to determine the most accurate insurance benefits. It is NHNSI's responsibility to ensure that authorization has been obtained in the event that your insurance company requires it. If you have any questions regarding insurance authorizations, please contact our pre-certification coordinator at 603-472-8888 ext 358.



What to Expect Post-Operatively

Typically, you will be scheduled for a 2-week post-operative visit with a Physician Assistant. However, if at any time following your surgery you have any questions please feel free to contact our office. A nurse or Physician Assistant will return your call in a timely manner. Your next post-operative visit will be arranged for you before you leave from the 2-week visit.



Where to go to find more information on your procedure...

Located on our website, www.nhneurospine.com, under “Conditions & Treatments” we have videos and documents outlining a description of many of our common procedures.

If you do not have access to a computer and wish to obtain additional information, we will be happy to provide them to you. In the event your specific procedure is not listed on our site and you wish to know more about it, please contact the office of our surgical coordinators at 603-472-8888 ext 360.

Other services offered at the New Hampshire NeuroSpine Institute:

ImPACT

ImPACT is a 20-minute neurocognitive test that has been scientifically validated to measure the effects of a sports-related concussion. Dr. Adam Cugalj, at NH NeuroSpine Institute, is a certified ImPACT consultant.

Interventional Procedures

New Hampshire NeuroSpine Institute is pleased to offer the convenience of an on-site procedure suite. Patients that require steroid injections are able to have the comfort of a private office setting along with one-on-one contact with the nurse and the provider.



MRI

At NH NeuroSpine Institute we are able to make patient care more convenient by offering MRI services on site. We can easily coordinate MRI appointments around the patient’s schedule, and in special cases on the same day as the appointment with the provider.



Pain Management

We take a multidisciplinary approach to pain management, using a combination of treatments and techniques, to successfully manage chronic pain.



Physical Therapy

We offer a customized physical therapy program to our patients. We utilize a team approach to patient care which allows our providers and physical therapists to work together and design the perfect program for you!



X-Rays

Our on-site computerized X-ray capabilities allow us to maximize treatment with patient convenience in mind.

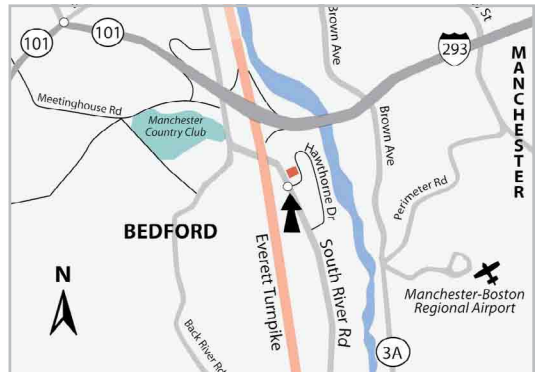
Location & Directions

4 Hawthorne Drive
Bedford, NH 03110

T (603) 472-8888

F (603) 472-9090

info@nhneurospine.com
www.nhneurospine.com



New Hampshire NeuroSpine Institute is conveniently located at 4 Hawthorne Drive off South River Road in Bedford, NH.

I-93: Take Route 293 South to Bedford, Exit 3, South on South River Road, Left onto Hawthorne Drive, First driveway on the left.

293/Everett Turnpike: Exit onto Route 101W, South on South River Road, Left onto Hawthorne Drive, First driveway on the left.



New Hampshire NeuroSpine Institute

Bedford

4 Hawthorne Drive
Bedford, NH
(603) 472-8888

Concord

246 Pleasant Street
Memorial Building Suite 107
Concord, NH
(603) 225-6674

Exeter

One Hampton Road
Suite 200
Exeter, NH
(603) 580-9888

Methuen

60 East Street
Suite 3000
Methuen, MA
(978) 722-9998