



STAR ORTHOPEDICS
AND SPORTS MEDICINE

Paul J. Ghattas | D.O.

ORTHOPEDIC SURGERY, SPORTS MEDICINE & ARTHROSCOPY
SHOULDER AND ELBOW SPECIALIST
STAR ORTHOPEDICS AND SPORTS MEDICINE

Star Orthopedics and Sports Medicine

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STAR
SPORTS THERAPY
AND REHAB



Physicians and Staff

- **Surgeon (Dr. Ghattas)**
 - Performs surgery and directs your care.

- **Physician/Surgical Assistant**
 - Health care professional license to practice medicine under physician supervision.
 - Assists in surgery and in clinic under the direction of Dr. Ghattas.
 - Evaluates and treats patients in clinic and makes referrals to the physicians as needed.
 - It is our standard protocol to utilize the services of an experienced surgical assistant for most surgical procedures. In most instances, the surgical assistant will be from *HERITAGE SURGICAL ASSIST ASSOCIATES, PLLC*. There will be a charge for his/her services that will be billed through your insurance.

- **Administrative Assistant or Surgical Scheduler/Coordinator (Brittany Grayson)**
 - Makes all of the necessary arrangements with the hospital for your surgical date.
 - Schedules all pre-operative appointments.
 - Prepares the information packet for the hospital including all necessary information regarding your surgical procedure.
 - Contacts your insurance company for pre-authorization for your surgical procedure.
 - Collects co-payments and deductibles prior to your surgical procedure.

- **Medical Assistant**
 - Takes your medical history in clinic
 - Assists the physicians in clinic
 - Answers patient phone messages regarding medical questions
 - Tends to all FMLA and Disability paperwork
 - Handles handicap placards, school notes, prescription refills

- **Physical Therapist**
 - Instructs and assists you with your exercises and walking program in the hospital
 - Provides discharge instruction for your activities of daily living including posture and body mechanics



Your Responsibilities as A Patient

- Ask questions about anything that you do not understand relating to your surgery.
- Make a list of questions to ask Dr. Ghattas at your preop appointment.
- Let Star Orthopedics and Sports Medicine staff know about any problems or complications prior to or following surgery.
- Follow your post-operative patient instructions and rehabilitation protocol following surgery.
- Attend all of your scheduled appointments prior to and following surgery.
- Schedule your first post-operative physical therapy appointment at **Star Sports Therapy and Rehab** prior to your surgical date.
- Attend regular physical therapy sessions following surgery.

Follow-Up Appointments

- Your first post-operative appointment is typically 2 weeks after surgery. We will remove all surgical sutures or staples at this first visit and inspect your wound.
 - Typical post-operative visits are at: 2 weeks, 6 weeks, 3 months, 6 months, 9 months, 12 months post-op.
 - X-Rays will be performed at your first post-operative appointment and at regular intervals following surgery, as indicated.

Smoking and Tobacco Use

If you smoke, it is important to stop before your surgery. Absolutely **NO** smoking the morning of surgery! Ideally, you will have a better outcome from surgery if you don't smoke 1-2 weeks before and 6 weeks after surgery. Studies have shown that smoking interferes with the bone healing process. Nicotine interferes with the absorption of calcium into the bone. This applies to all tobacco products.

Letters for Work Leave, FMLA, And Disability

Should you require a letter of medical necessity for a leave of absence from work for you or your spouse, please submit your request to the front desk at least **two weeks** in advance. All requests, including the completion of insurance forms and disability forms are handled by the Medical Assistants. Please allow a **two-week** turn around to have these forms completed. Each form has a \$25 fee due in advance.



Pre-operative Surgical Instructions

1. Notify our office immediately if you should develop a cold, temperature, cough, flu-like symptoms, or any other illness between now and your surgery.
2. Do not eat or drink anything after midnight the night prior to surgery unless otherwise directed to do so.
3. An anesthesiologist may be contacting you the evening before surgery to get more health history from you.
4. You must shower or bath at home the evening before and the morning of surgery.
5. You may brush your teeth and/or gargle the morning of surgery, but DO NOT swallow the water.
6. NO chewing gum, tobacco, breath mints or smoking allowed the morning of surgery.
7. WOMEN: DO NOT wear make-up, jewelry, lotion, cream or perfume the day of surgery.
8. Acrylic fingernails maybe left on, but any **color polish** must be removed prior to surgery. Clear coat is fine.
9. Remove contact lenses, hair pins, wigs etc., prior to surgery. Hearing aids may be worn.
10. Please DO NOT bring money or valuables with you to the hospital or surgery center. The facility is not held responsible for lost or stolen items.
11. If you already have a cane or a walker, please bring with you to the hospital labeled with your name
12. If you are going to be staying overnight or are being admitted to the hospital, bring loose fitting clothing such as: oversized t-shirt, pants that have an elastic waist and Non-skid slippers or soft, low-heeled shoes with closed backs, such as loafers.
13. If you are a day surgery patient (you are going home the same day as surgery) please wear the above clothing to the hospital or surgery center the day of surgery.
14. To prepare for surgery, the nurse will ask you to remove your clothing and put on a hospital gown. In addition, you should remove any contact lenses, dentures, wigs, hairpins, jewelry, and artificial limbs. Please give these items to a family member or visitor to keep.



Medications Prior to Surgery

ONE WEEK prior to surgery, discontinue the following anti-inflammatory medications:

Aspirin
Bufferin
Nabumetone (*Relafen*)
Ibuprofen (*Advil, Motrin, Vicoprofen, Combunox*)
Ketoprofen (*Oruvail, Orudis*)
Naproxen (*Naprosyn, Aleve, Anaprox, Naprelan*)
Diclofenac (*Arthrotec, Voltaren, Cataflam*)
Indomethacin (*Indocin*)
Etodolac (*Lodine*)
Piroxicam (*Feldene*)
Meloxicam (*Mobic*)
Oxaprozin (*Daypro*)
Humara
Celebrex
Herbal and Mineral Supplements
Extra Vitamin E
Fish or Krill Oil

3-5 Days before surgery discontinue any **blood thinners** under the supervision of your cardiologist or prescribing physician. **DO NOT** stop this medication without their approval. If your doctor feels you should not be off this medication, contact the surgery scheduler immediately. These medications may include *Plavix, Clopidogrel, Warfarin, Coumadin, Aggrenox, Dipyridamole, Ticlid, Aspirin, Meparin* and *Xarelto*

Blood Pressure Medications: You may continue taking your blood pressure medication and *Neurontin or Lyrica* as prescribed. If you are scheduled to take your medication the morning of surgery, you may take it with a SMALL SIP of water.

Insulin Dependent Diabetics: **DO NOT** take your insulin if your surgery is scheduled for early morning and you are fasting. **DO TAKE HALF** your insulin dose if your surgery is scheduled for the afternoon and you have been instructed to eat a **LIGHT** breakfast.

