

To My Patients and Prospective Patients: Your Surgical Procedure: Timing

For most people there is no perfect time for an operation but you can select a best time to actually schedule a procedure. To assist you in choosing a date and arranging for your care, the care of your family if necessary and work obligations if appropriate, what follows (in a check list format) is a planner that you can work off of and amend as needed.

CONSULTATION: Date / Time: _____

2nd Visit if Desired: Date / Time: _____

Pre Procedure Preparation:

_____ Lab Test(s) _____ CBC Complete Blood Count
_____ Comprehensive Metabolic Panel
_____ Other / Miscellaneous: _____

_____ Mammogram (Report of Interpretation only NO FILMS PLEASE)
(Date / Time): _____

_____ Cardiogram (EKG) Copy of Tracing and Interpretation: _____

_____ Pre Operative Recommendations: _____

(Have copies of test reports / results sent to Dr. Rekow at 1221 Madison Street, Suite 1102 Seattle Washington 98104 or contact the office at 206 682 2200 for the eMail address for reports)

Pre Operative Visit: Date / Time: _____

Operative Date: _____

First Post Operative Appointment: _____

_____ Care Giver / Support Person: You will need to have somebody with you, driving you home following your procedure and available to stay with you for at least that day and into the next day. Have you selected that person or those persons?

Name / Dates Available:

_____ Time away from family and work obligations: Give yourself a chance to recover following your procedure. While you are healthy and in good physical condition your operation is a stress upon your body and your psyche (this is normal). Rest (physical and psychological) is beneficial; minimizing further external stress is essential to your well being in the post operative period. Is a friend or family member available to assist you with any family concerns? Can you comfortably delegate your work responsibilities for a period of time?

Best Dates / Time of Year:

Critical Dates to Avoid:

Work / Family Contact and Coverage:

_____ Can or should my elective procedure be combined with a planned and medically necessary procedure? You will need to talk to both surgeons to determine if this is a possibility and if it is a logistically and financially sound decision. Check out the associated costs and benefits of having the procedures performed at the same time or in a staged manner.

Physician / Procedure(s) / Contact Information:

_____ Weight: Am I at a sustainable weight? (I discourage active weight loss for one month prior to any elective procedure.) Is this a good weight for me or do I want to gain or lose some weight prior to my procedure?

_____ Holidays, Vacations and Events: Do I have to be ready to go somewhere, appear somewhere or do something on a particular date? If so have I left enough time to be seen in consultation, schedule my procedure and recover from the procedure to comfortably enjoy the holiday, vacation or event?

(Working backward for most procedures go back six weeks to calculate the date of the procedure and allow sufficient recovery time if it is your intention to be physically active.)

Obligation / Date of Obligation / Procedure Must be on or before:

_____ Smoking: If you do not smoke, do not start and proceed to the next item on the list. If you smoke or are exposed to significant second hand smoke; is quitting possible? Quitting means no nicotine products including the use of patches or gum. If you can quit do so; also minimize or avoid any exposure to second hand smoke. Try to implement these changes two or more months prior to your procedure.

_____ Changes: You are moving, changing jobs, graduating, your life circumstances are changing in some material fashion. There is a “natural” break; this may be a good time to have a procedure. Significant change date:

_____ Financial Considerations: Ideally you can afford to pay for the procedure in advance of your operation. Sometimes this is not possible and financing needs to be arranged. Have you left enough time to ensure loan approval or establish financing?

Loan Source / Terms / Contact Information:

Miscellaneous and other Concerns to be addressed:

Once you have addressed these (and other concerns which may be applicable to your situation), contact us and we will work with you to schedule your procedure. Presently we are scheduling procedures on Thursdays, Fridays and Saturdays. (Consultations are scheduled on Mondays, Tuesdays and Wednesdays.)

I hope that I can be of assistance to you and look forward to working with you as you undertake this venture.