

PATIENT GUIDE

KERLAN - JOBE

SURGERY CENTER

A CEDARS-SINAI AFFILIATE

Exceeding the Standard for Excellence
in Sports Medicine Surgery

kerlanjobesc.com
Phone: 310-665-7150
Fax: 310-665-7171

6801 Park Terrace Drive, Suite 300
In the Howard Hughes Center
Los Angeles, California 90045-9212

Welcome to Kerlan-Jobe Surgery Center, a Cedars-Sinai Affiliate.

We are pleased that you have chosen our Center for your outpatient surgical needs. Our goal and commitment is to provide you the best quality care and to make your stay with us a pleasant experience. We at Kerlan-Jobe are proud of our rich history.

Through Dr. Robert K. Kerlan (May 13, 1922 – September 8, 1996), an orthopedic surgeon and the co-founder, along with Dr. Frank Jobe (July 16, 1925 – March 6, 2014) of the Kerlan-Jobe Orthopedic Clinic, now Cedars-Sinai Kerlan-Jobe Institute, we have remained at the forefront of orthopedic sports medicine. Dr. Kerlan is regarded as a pioneer in the Orthopedic discipline of Sports Medicine and was the Dodgers first team doctor after their move to Los Angeles. He partnered with Dr. Jobe who diagnosed and treated famed Dodger's pitcher Tommy John after a career ending elbow tendon tear and performed on him what is now referred to as Tommy John Surgery (ulnar collateral ligament reconstruction of the elbow), which for the first time allowed a baseball player with this injury to extend his career. Tommy John played another 15 years after this surgery. Since that time, we have continued to offer you the highest level of state-of-the-art surgery where our surgeons continue to be pacesetters in their respective fields of orthopedics. Our Center is proud to offer a home to the surgeons of the Kerlan-Jobe Sports Medicine Fellowship program, one of the top three Sports Medicine Fellowships in the country.

Our Center surgeons perform surgery on many current, former and hall of fame level professional, collegiate and secondary education athletes from across the country, as well as those of us not as sports-centric. Here in the greater Los Angeles market, our orthopedic surgeons and physicians are team doctors that support area collegiate and professional sports as Team Physicians and this high-level performance is shared with all patients in our Center's care.

Through our caring history, we've come to understand your comfort and well-being are most important to us. From our Center's anesthesiologists phone call the day before surgery, simplified admission procedures, to our next-day post-operative follow-up phone call, every aspect of patient care is designed with your needs in mind. Our commitment to you is tracked via our quality performance program and your patient survey results computed by a third party.

This brochure will provide you with important information and guidelines you will need to know to ensure your well-being and comfort during your stay at Kerlan-Jobe Surgery Center. We look forward to caring for you, your family and friends and wish you a rapid recovery.

Sincerely,

The Physicians and Staff of Kerlan-Jobe Surgery Center



Kerlan-Jobe Surgery Center is a state-of-the-art sports medicine surgery center, where surgeons perform outpatient surgical procedures related to orthopedics.

Day surgery at Kerlan-Jobe Surgery Center offers you the advantage of easy access, efficient service and personalized care in a pleasant environment. You are able to have surgery and return to the comfort of home the same day.

Our center offers a safe, convenient, high quality alternative to inpatient hospitalization. Kerlan-Jobe Surgery Center is an accredited facility through the AAAHC, licensed by the State of California and is Medicare certified.

We accept most insurance such as HMO/PPO plans, Medicare, worker's compensation, and commercial plans. The Center also offers a self pay alternative for uninsured individuals.

SERVICES INCLUDE:

Sports Med Orthopedics

General Orthopedics

Pain Management

Total Joint Arthroplasty of the
shoulder, hip and knee

Podiatric Procedures

If you have any questions please feel free to call us at local number 310-665-7150.

PREPARING FOR SURGERY



Confirmation:

The afternoon or evening before your surgery, (except pain management and cases performed as “local” only) a doctor from the anesthesia staff will call you in order to confirm your appointment, review your pre-operative medical history, ask you questions and answer any questions you may have. Surgery times may change for a variety of reasons. Please provide us with a number where you can be reached the afternoon and evening before your surgery and the morning of your surgery.



Laboratory tests:

In an outpatient setting it is not always necessary to perform diagnostic tests prior to surgery. If your physician requests diagnostic services such as lab work, X-rays, and EKGs, the Pre-Assessment Nurse from the Surgery Center, will call you to arrange those appointments approximately a week prior to the day of your surgery.



If the patient is a child, please remember:

At least one parent/guardian must remain at Kerlan-Jobe Surgery Center while the child is in our facility. A parent (or guardian) must sign release permits for surgery if the child is under age 18. Guardians must bring written proof of guardianship or power of attorney on the day of surgery; without this documentation, surgery may be delayed.



Medications:

Please talk to your physician about any daily medications you are currently taking, especially for heart, diabetes or blood pressure problems; be sure to mention any over-the-counter drugs, diet pills or herbal supplements. In many cases you will receive prescriptions from your surgeon, which should be filled and brought to the Surgery Center on your day of surgery.



Transportation:

For your safety and protection, you will not be allowed to drive a motor vehicle after surgery if your surgery involves a general anesthetic or other type of sedation. Please arrange for a responsible adult to take you home and to stay with you the first night following surgery. If the patient is a child, it is best to have someone along with the driver to help care for the child on the trip home. Even those of you using ride services such as Uber or Lyft will require another adult to accompany you home.



GENERAL INSTRUCTIONS:

LEAVE US PHONE NUMBERS WHERE YOU CAN BE REACHED the afternoon before your surgery and the day of your surgery. There are many factors that may change the time your physician would like you to be at the Surgery Center. The Surgery Center Anesthesiologist will call you the afternoon or evening before your surgery to confirm the final time you need to be at the Center for your surgery – Don't forget to check your cell or home phone. If there is a cancellation or a delay on your day of surgery, we may ask you to come in earlier or later depending on the situation. Please be available to our staff by phone.

DO NOT EAT OR DRINK (this includes water and chewing gum) after midnight the night before surgery unless otherwise directed by your anesthesiologist. Your surgery will be postponed if you ignore this precaution.

BATHE OR SHOWER on the morning of surgery to minimize the risk of infection.

BRUSH YOUR TEETH on the morning of surgery, but **DO NOT SWALLOW ANY WATER.**

DO NOT CONSUME ALCOHOL 24 HOURS PRIOR TO YOUR SURGERY. REFRAIN FROM SMOKING 12 HOURS PRIOR TO YOUR SURGERY. These substances can cause you to have adverse reactions to anesthesia and medication.

WEAR LOOSE COMFORTABLE CLOTHING and shoes.

LEAVE JEWELRY AND VALUABLES AT HOME (Do bring your insurance card, credit card and government issued photo identification such as a driver license).

REMOVE CONTACT LENSES AND ALL MAKE-UP BEFORE ARRIVAL.

HEALTH CHANGES should be reported immediately to your surgeon, even if the changes seem minor, such as fever, cough, rash, or a cold. Please notify your physician if there is a possibility that you are pregnant or are trying to become pregnant.

BRING ANY AND ALL PAPERWORK your physician may have given you regarding your surgery.

ARRANGE FOR A RESPONSIBLE ADULT TO DRIVE YOU HOME AND STAY WITH YOU FOR THE FIRST 24 HOURS FOLLOWING SURGERY. For most, the effects of anesthesia and sedation will make you drowsy for that period of time.

PLEASE MAKE OTHER ARRANGEMENTS FOR CHILDREN not having surgery.

PEDIATRIC PATIENTS should have two adults available to take them home – one adult to drive and one to attend to the recovering child. We encourage you to bring his/her favorite toy for extra comfort. Children may be brought in wearing their pajamas. Please bring an empty bottle or “sippy” cup if your child cannot drink from a cup.

ARRIVE ON TIME so that your surgery may begin as scheduled.

WHEN YOU ARRIVE AT KERLAN-JOBE SURGERY CENTER

Please plan to arrive promptly at the time given to you by the surgeon's office or anesthesiologist. After you have registered at the reception desk, one of our nurses will escort you to a private bay area where you will be asked to put on a gown. At this time, your nurse will spend time with you to answer any questions you might have and help with preparations for surgery.

Anesthesia:

Anesthesiologists are specially trained doctors who work with your physician to provide anesthesia (sleep medicine) during your surgery. Your anesthesiologist will call you the day before and answer any questions you may have. You will also meet and speak with your anesthesiologist the day of surgery. Be sure to talk to your anesthesiologist about any medications you are currently taking, even over-the-counter drugs. Your anesthesiologist in consultation with you and the surgeon will determine the appropriate type of anesthesia. Those of you having pain management or "local only" procedures will not receive a call the day before.

Operating Room:

The nurse from the operating room will come and check on you before your surgery to confirm you are ready for the procedure. Your nurse may ask you to repeat answers to questions you have already answered as a safety check. Your nurse and the anesthesiologist will accompany you to your surgery room. You will be put to sleep by the anesthesiologist (some procedures such as hand or pain management procedures do not require sedation in all cases). Your surgeon is preparing himself for your surgery during this time. When you are asleep, the surgery will begin and end. Many people who wake up after surgery in our recovery room are not even aware the procedure is finished.

Recovery:

Immediately following surgery, you will be taken to our recovery room where specially trained nurses will closely monitor your breathing, blood pressure and pulse. The amount of time you spend in the recovery room depends on the type of surgery and/or anesthesia you have had. Some patients spend as little as a half hour in the recovery room; others may spend up to 2 hours or more.

After Surgery:

For your safety and well-being, you must have a responsible adult family member or adult friend drive you home after surgery and stay with you overnight. The nursing staff, using your physician's discharge criteria, will discharge you when they are assured you are in stable condition. HOWEVER, you may still feel sleepy, slightly dizzy, and/or nauseated. These are possible (and normal) side effects of anesthesia and can last for 12-24 hours.

At Home After Surgery:

We suggest that you eat lightly for the first 24 hours after your procedure. Be sure to follow any specific post-operative instructions your physician gives you regarding diet, rest, activities and medication. Kerlan-Jobe Surgery Center will provide you with a written summary of these instructions. In addition, a nurse will call you the day after surgery to see how you are doing. Patients who have had surgery on Friday may not receive a follow up call until Monday. If we are unable to reach you within 72 – 96 hours with at least two phone call attempts, we will mail a letter requesting you contact us. Please remember to complete and return your post-operative patient survey questionnaire emailed to you after your surgery. Your comments and grading are reviewed by a third party who will not share your name with us unless you specifically request they do so.

Fees:

Kerlan-Jobe Surgery Center charges a facility fee for each surgical procedure performed by your surgeon. This fee includes the cost of a pre-operative evaluation, nursing personnel, routine medications, supplies (implants may be billed separately), and the use of the operating and recovery rooms. Items not covered by your insurance, if the Center's contract with your insurance provider allows, may require payment prior to surgery. You will receive a text, phone call and/or email message with your expected payment due based on your insurance plan. Where possible, we will do our best to reach you one to two weeks prior to your surgery to let you know your estimated financial responsibility. In many cases surgery is unplanned and little time is available between when your surgeon schedules your case and the surgery center is made aware of your surgery date. You will receive a separate bill from your surgeon and anesthesiologist. Other professional services such as laboratory, radiology, pathology, EKG or chest x-rays will also be billed separately.

Payment:

Kerlan-Jobe Surgery Center accepts most insurance, HMO/PPO plans, Medicare, and Worker's Compensation. Most day surgery procedures are covered by insurance, however, if your insurance requires the clinic and surgery center to preauthorize your surgery, it may take longer and your surgery will have to be rescheduled. Once insurance coverage has been verified, patients are expected to pay any deductible and co-pays before the day of surgery. As a courtesy to you, we will bill your insurance company for their portion of the cost of your care, however, any balance due will be your responsibility. Some insurance companies make payment directly to the patient, in which case we request your prompt payment to us. Payment will be requested from you if reimbursement from your insurance company is not received within 60 days. Please check with your insurance company for pre-admission or pre-authorization requirements such as second opinions and/or pre-admission certification. Your insurance company may decide not to pay for your surgery if their requirements are not met. Checking with them prior to your surgery will assist you and the Surgery Center during your admitting process.

Self Pay:

Uninsured and/or self pay patients will be required to pay for services in full at least five (5) business days in advance if by check or three (3) days in advance if paying by credit card or cash. We accept all major credit cards and for your convenience you may pay online through our secure payment portal at www.kerlanjobesc.com.

Dizziness and nausea are normal after receiving anesthetic; therefore, you should wait 24 hours after returning home before you:

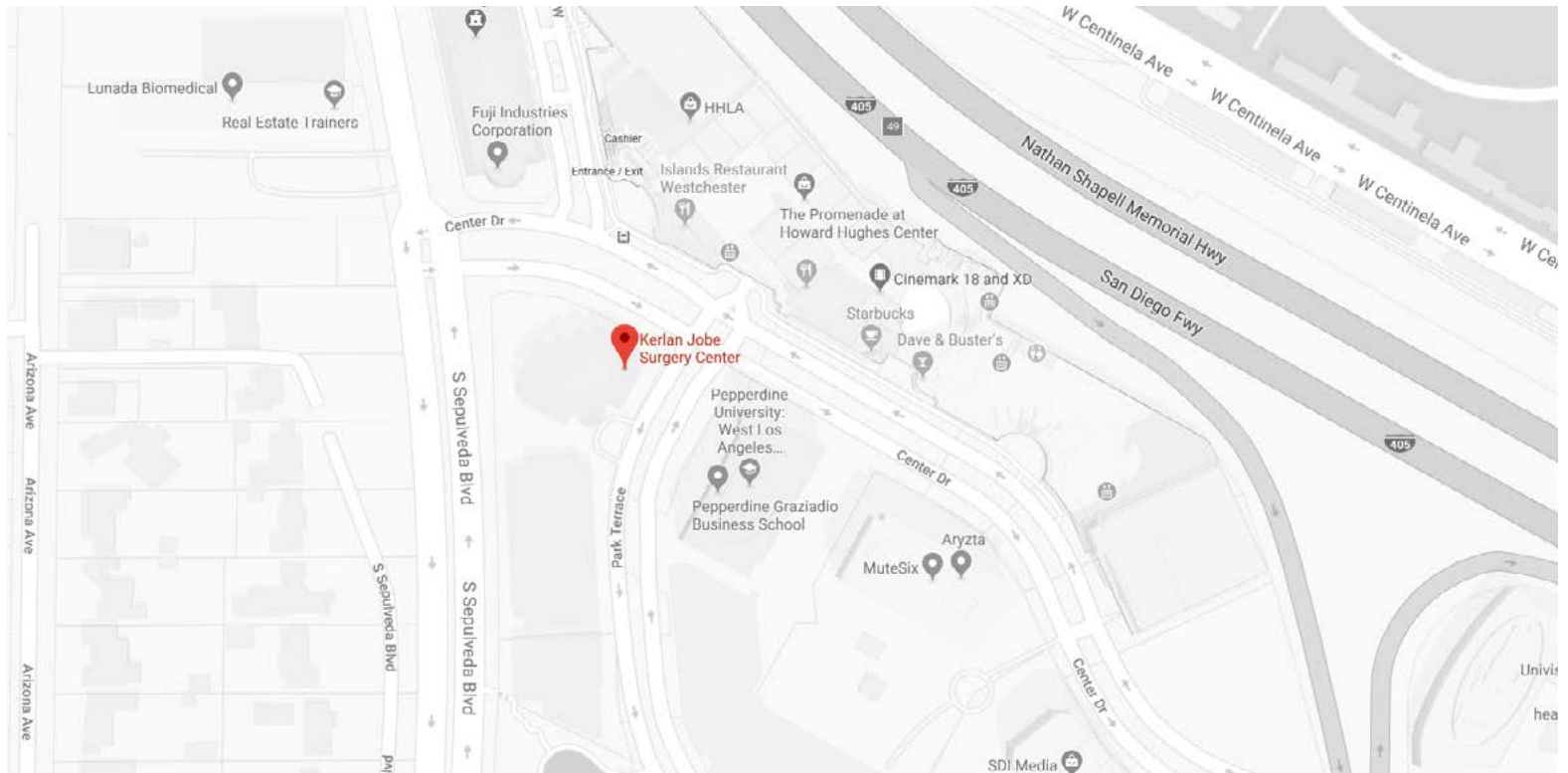
- Drive or operate equipment
- Eat a large meal
- Consume alcoholic beverages
- Sign important papers
- Take medication not approved by your physician
- Stay alone

Any problems following your surgery should be reported to your physician's office. In the case of an emergency, please dial 911 or go to the nearest emergency room.



KERLAN-JOBE SURGERY CENTER

Kerlan-Jobe Surgery Center is open Monday through Friday 8:00 A.M. to 5:00 P.M. Surgery is scheduled by appointment only. We are here to meet your surgical needs by delivering personalized patient care with attention to detail.



WE'D LIKE TO HEAR FROM YOU

Kerlan-Jobe Surgery Center welcomes the opportunity to hear from you. Your comments give us the chance to improve the way we provide service. They also allow us to recognize the efforts of our staff. Please let us know when you are pleased with the way services are provided. Please consider one or all of these mechanisms to communicate with our staff and physicians. You can complete your patient questionnaire with the third party, give us a phone call and/or write the Administrator to let yourself be heard at patient@kerlanjobesc.com.

To Resolve a Concern or Complaint

Step 1: Contact the Person Involved

If you have a concern or a question, first consider contacting the person involved. Explain your concern and what you would like to have done to resolve the problem. Be specific and make your position clear. Please try to understand other points of view.

Step 2: Contact the Manager Over the Area

If you are not satisfied, or if you prefer not to talk to the person involved, call the Manager of the department where you are having a problem. He or she will investigate your concerns. Most concerns can be resolved in this way.

Step 3: Contact the Administrator

If you are still dissatisfied or unable to find a resolution to your concern, please contact or call the Center Administrator.

Please be assured that all concerns or complaints will be handled professionally and will in no way affect your ability to receive care at Kerlan-Jobe Surgery Center.