



**TEXAS ORTHOPAEDIC
ASSOCIATES**

A DIVISION OF OrthoLoneStar

Insurance & Financial Information

Surgical Authorization

Your insurance company will be contacted by our office prior to your surgery. We will obtain surgical authorization if required by your insurance plan. If authorization cannot be obtained, we may need to cancel or reschedule your surgery.

Please notify our office immediately if there are any changes to your:

- Telephone number(s)
- Insurance coverage
- Personal information

Deductibles, Coinsurance & Surgical Deposits

Our office policy requires collection of all applicable deductibles and coinsurance amounts prior to surgery. This amount is determined based on your surgical insurance benefits. You will be contacted by our Financial Counselor if a surgical deposit is required prior to your procedure.

Post-Operative Visits

Routine post-operative office visits are included in the surgical fee for ninety (90) days following your surgery date. Additional charges may apply for services such as:

- X-rays
- Casts
- Braces
- Medical supplies
- Other necessary treatments

Physical therapy services, if ordered, are billed separately by the therapy facility.

Facility & Anesthesia Billing Questions

If you have questions regarding billing from the surgical facility, anesthesia provider, or other providers involved in your care, please contact the billing department of your surgical facility or our anesthesia team directly:

US Anesthesia Partners / North Texas Anesthesia

1-888-339-8727

Anesthesia Insurance Information

US Anesthesia Partners / North Texas Anesthesia may be out-of-network with your insurance plan. However, if your surgeon and surgical facility are in-network with your insurance plan, your anesthesia claim may be processed at an in-network benefit level through your insurance plan's provisions (such as a "RAP" clause).

If you have questions regarding your specific insurance benefits or coverage, we recommend contacting your insurance company directly for the most accurate information.

Your Pre-Surgery Call from Anesthesia

Your anesthesiologist will often call you the night before your surgery to discuss your anesthesia plan and answer any questions you may have about the anesthesia portion of your procedure.

Medications to Stop Before Surgery

Several medications need to be stopped temporarily before surgery. The most common reason is an increased chance of bleeding during and after surgery, and in some cases effects on heart, kidney, and liver function.

Vitamins & Supplements			Stop 7 days before surgery
Vitamin E	Vitamin K	Fish oil	Omega-3
Turmeric	Glucosamine	Ginseng	Ephedra
Ginkgo biloba	Garlic supplements	Ginger supplements	St. John's Wort
Kava	Other herbal supplements		

Weight-loss supplements and phentermine (Adipex, Lomaira, Qsymia): stop 14 days before surgery.

Anti-Inflammatory Medications (NSAIDs)			Stop 7 days before surgery
Aspirin (Bayer, Bufferin, Anacin, Excedrin, Alka-Seltzer)	Bismuth subsalicylate (Pepto-Bismol)	Celecoxib (Celebrex)	
Diclofenac (Voltaren, Cataflam, Arthrotec)	Diflunisal (Dolobid)	Etodolac (Lodine)	
Fenoprofen (Nalfon)	Flurbiprofen (Ansaid)	Ibuprofen (Motrin, Advil, Midol, Nuprin, Vicoprofen)	
Indomethacin (Indocin)	Ketoprofen (Orudis, Oruvail)	Ketorolac (Toradol)	
Mefenamic acid (Ponstel)	Meloxicam (Mobic)	Nabumetone (Relafen)	
Naproxen (Naprosyn, Aleve, Anaprox)	Oxaprozin (Daypro)	Piroxicam (Feldene)	
Salsalate (Disalcid)	Sulindac (Clinoril)	Tolmetin (Tolectin)	

Note: Tylenol (acetaminophen) is not an NSAID and is okay to take up until the day of surgery.

Blood Thinners & Anticoagulants			Stop 7 days before surgery
Warfarin (Coumadin)	Apixaban (Eliquis)	Rivaroxaban (Xarelto)	
Edoxaban (Savaysa)	Dabigatran (Pradaxa)	Enoxaparin (Lovenox)	
Clopidogrel (Plavix)	Prasugrel (Effient)	Ticagrelor (Brilinta)	
Ticlopidine (Ticlid)	Aspirin (including baby aspirin)	Aspirin/dipyridamole (Aggrenox)	
Dipyridamole (Persantine)	Cilostazol (Pletal)	Pentoxifylline (Trental)	
Anagrelide (Agraylin)	Vorapaxar (Zontivity)		

Consult with your prescribing physician regarding stopping these medications before surgery. Your cardiologist may have you “bridge” with an injectable anticoagulant if your risk of clots, stroke, etc. is high, or if you have a mechanical heart valve or recent blood clot.

Other Medications			Stop 3 days before surgery
Farxiga	Invokana	Jardiance	Xigduo
Brenzavvy	Inpefa	Glyxambi	Invokamet
Qtern	Synjardy	Trijardy XR	Naltrexone (incl. Contrave)

Steglatro, Segluromet, and Steglujan: stop 4 days before surgery.

GLP-1 Medications (Ozempic, Wegovy, Rybelsus, Mounjaro, Zepbound, Trulicity, Victoza, Saxenda, and others): these have their own stopping instructions. **Please read the next page carefully.**



GLP-1 Medications Before Surgery

GLP-1 medications are commonly used to manage blood sugar and support weight loss. **If you take any GLP-1 medication, you must stop it before your surgery.** Please notify our office and your anesthesia team if you are taking one.

TAKE IT ONCE A WEEK?

STOP 10 DAYS

Do not take your GLP-1 medication for at least 10 days before surgery

TAKE IT EVERY DAY?

STOP 3 DAYS

Do not take your GLP-1 medication for at least 3 days before surgery

Why This Matters

These medications slow stomach emptying, which can increase the risk of **aspiration** during anesthesia. Aspiration occurs when food, liquid, or stomach contents enter the lungs instead of remaining in the stomach. This can lead to serious complications, which is why these medications must be temporarily stopped before surgery.

What You Need to Do

- Find your medication in the chart below and note whether you take it weekly or daily.
- Count back from your surgery date to find the last day you may take it.
- If you accidentally take a dose inside this window, call our office before your surgery date.
- Your surgical team will tell you when to restart your medication after surgery.

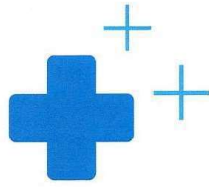
Brand Name	Generic Name	How It's Taken	When to Stop
WEEKLY MEDICATIONS			
Ozempic	Semaglutide	Injection, once a week	10 days before surgery
Wegovy	Semaglutide	Injection, once a week	10 days before surgery
Mounjaro	Tirzepatide	Injection, once a week	10 days before surgery
Zepbound	Tirzepatide	Injection, once a week	10 days before surgery
Trulicity	Dulaglutide	Injection, once a week	10 days before surgery
Bydureon BCise	Exenatide (extended-release)	Injection, once a week	10 days before surgery
DAILY MEDICATIONS			
Rybelsus	Semaglutide	Pill, once a day	3 days before surgery
Victoza	Liraglutide	Injection, once a day	3 days before surgery
Saxenda	Liraglutide	Injection, once a day	3 days before surgery
Byetta	Exenatide	Injection, twice a day	3 days before surgery

Compounded semaglutide or tirzepatide (from a compounding pharmacy, med spa, or online provider) follows the same rules: stop 10 days before surgery if taken weekly, or 3 days if taken daily.

Soliqua and Xultophy combine a GLP-1 with insulin. Do not stop these on your own. Contact your prescribing physician for instructions before surgery.

Not sure if your medication is a GLP-1, or how often you take it? Call our office and we will help.

SUSA FORMS



Prior to your surgery, you will receive an electronic document titled “Surgical Assistant Waiver” (also referred to as “SUSA”). This form provides important information regarding the surgical assistant services associated with your procedure.

Please disregard any billing statements received from SUSA. The billing process may take up to three billing cycles to fully update and reflect the appropriate status.

The waiver form is simply acknowledging the following:

*You understand that the surgical assistant is considered out-of-network with your insurance plan.

*You authorize the release of relevant protected health information (PHI), such as the operative report and supporting documentation, to your insurance company. This information is provided to help demonstrate the medical necessity of having an additional qualified provider assist during your surgery.

The purpose of this process is to allow our office to seek reimbursement from your insurance company for the surgical assistant’s services.

Please note: The surgical assistant’s charges are not billed to you as the patient.