



Kyle Kesler, MD
Adult & Pediatric Back, Neck & Spine Surgery

Dr. Kesler's Comprehensive Surgical Guide

Your Complete Resource for Preoperative,
Intraoperative, and Postoperative Care



(423) 624-2696 | Sportmed.com

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Surgery Education Videos



Scan this code with your camera phone.

This QR code will take you to this link below:

<https://sportmed.com/kyle-kesler/>

Scroll down to → Patient Education

Search for procedure and/or condition from list
of animated videos

Patient Financial Responsibility

Center for Sports Medicine & Orthopaedic Surgery Center

If you are having surgery at CSMO Surgery Center, a Patient Financial Coordinator will contact you via text message or phone call with an estimated cost of the procedure. This estimate includes your financial responsibility for your provider's services and CSMO Surgery Center. These estimates are based on your current insurance benefits, including co-insurance, deductibles and out-of-pocket requirements. Payment for these estimated service costs are due 1 week prior to your surgery date. If payment is not received 48 hours prior to the surgery date, your surgery may be rescheduled.

You will also receive a separate bill for anesthesia services after your surgery with their cost.

CHI Memorial & Parkridge Medical Center

If you are having surgery at a hospital, a Patient Financial Coordinator will contact you via text message or phone call with an estimated cost for your provider's services. The hospital will contact you separately regarding their cost. These estimates are based on your current insurance benefits, including co-insurance, deductibles and out-of-pocket requirements. Payment for these estimated service costs are due 1 week prior to your surgery date. If payment is not received 48 hours prior to the surgery date, your surgery may be rescheduled.

You will also receive a separate bill for anesthesia services after your surgery with their cost.

If you have questions about your financial responsibility, please call Kim Kirk at (423) 664-5155.



Submit your Disability/ FMLA Paperwork Online

1

Go to our website (sportmed.com) or scan the QR code on this flyer.



2

Under the "For Patients" tab, select "Submit Disability or FMLA Forms".

3

Follow instructions and request completion of Disability or FMLA Paperwork at your convenience.

Need assistance?

Phone or Text: **423-375-0120**

Email: disability@medrecsmanagement.com



MedRecs
MANAGEMENT

Preparation Before Surgery

Preparing Your Home for Surgery

- Discuss with your family who will be available to assist you for the first several days when you return home after your surgery.
- Frequently used items should be placed on a surface that is easy to reach. Put away any throw rugs and clutter so that you have less risk of tripping. Remove any other items that may be a tripping hazard such as electrical cords.
- Arrange for assistance with pets.
- Arrange for assistance with lawncare.

Medical Clearance

- You may be required to obtain medical clearance from your primary care physician or other specialists based on your past medical history.
- If you are taking a blood thinner such as Aspirin, Eliquis, Warfarin, Xarelto, etc. we will need cardiac and/or medical clearance prior to scheduling.
- **It helps tremendously with scheduling delays if you alert your providers personally that Dr. Kesler requires surgical clearance.**
- If you are having surgery at CSMO Surgery Center: Please enter your medical history online by completing the ONE MEDICAL PASSPORT, located at <https://sportmed.com/pre-registration/>. All information is kept confidential and will be thoroughly reviewed by your medical team.
- Diabetic Patients: It is a national recommendation for elective surgery for your A1C to be less than 8.0 to be considered for surgery.

Pre-Testing

- At least one week prior to surgery, the CSMO surgery Center or the hospital pretesting department will contact you. They will discuss your past medical history, your medication list and set up your appointment for pretesting. Pretesting will consist of lab work and other testing such as an EKG, MRSA swab, etc. This is mandatory prior to surgery and must be a current reflection of your state of health at the time of surgery. Typically, lab work older than 2 weeks before surgery will need to be redone. You will be contacted if your results are abnormal.
- Pretesting at the hospital can typically be done at any of the hospital's satellite locations or you may request they do it someplace close to you if you live out of town, such as your primary care office.
- If you have not heard from pretesting seven days prior to surgery – please contact them:

CSMO Surgery Center: 423-698-6871, option #1

Memorial Hospital: 423-495-4417

Parkridge Medical Center: 423-493-1676

Surgery Locations and Days

- Dr. Kesler performs surgery at Memorial Hospital on Tuesday, Thursday, and every other Friday morning.
2525 Desales Ave, Chattanooga TN 37404
- Dr. Kesler performs surgery at CSMO Surgery Center every other Friday
7450 Tyner Rd Chattanooga TN 37421
- Dr. Kesler performs surgery at Parkridge Medical Center every other Friday.
2333 McCallie Avenue, Chattanooga, TN 37404

Surgery Time

Both hospitals and CSMO Surgery Center will contact you the day before your surgery between 2 pm and 5 pm to inform you what time your surgery will be and your arrival time.

Holding Medications Prior to Surgery

Prior to surgery, certain medications will be stopped. The exact timing depends on several factors, but if they are not held, your surgery will potentially be delayed or rescheduled. This list is not comprehensive, therefore please contact us with any specific medication questions. Typically, at the preoperative call or visit, all of your medications are reviewed, and medication recommendations are made. Recommendations for certain medications will be coordinated with the prescribing provider via formal medical clearance.

Diabetic medications BEFORE surgery:

- Many diabetic medications need to be taken differently in the days leading to your surgery. You will receive instructions from pretesting on how to hold these types of medications. If these instructions are not followed, your surgery will be CANCELLED.
 - o Glucophage, Metformin, Glucovance, Janumet

Blood Thinners BEFORE surgery:

- Recommendations on how to discontinue these medications prior to surgery will be coordinated with the prescribing provider. If the instructions are not followed, your surgery will be CANCELLED.
 - o Coumadin, Warfarin, Jantoven, Xarelto, Eliquis, Effient, Pradaxa, Aspirin, & Plavix.

Two weeks prior to surgery date these medications/supplements need to be stopped

- All non-essential vitamins and herbs such as multi-vitamins, Vitamin E, fish oils/omega oils
- All diet pills such as phentermine or other drugs of this class

Eight days prior to surgery date, these drugs need to be stopped. These injections can cause a build-up of stomach contents, raising the risk of aspiration during anesthesia.

- **Weekly Injections – Stop 8 FULL days BEFORE the scheduled procedure.**
 - Generic: Semaglutide; Brand: Ozempic, Wegovy
 - Generic: Dulaglutide; Brand: Trulicity
 - Generic: Exenatide; Brand: Bydureon
 - Generic: Tirzepatide; Brand: Mounjaro, Zepbound
- **Daily Injections – Stop 1 FULL day before scheduled procedure:**
 - Rybelsus (Generic: Semaglutide)

Five days prior to surgery these drugs need to be stopped.

- All anti-inflammatories (NSAIDs) such as **Ibuprofen, Advil, Aleve, Mobic, Meloxicam, Celebrex, Aleve, Naprosyn (naproxen), Diclofenac**

Bowel Management BEFORE Surgery

- Begin taking stool softener (over the counter) one to two days prior to surgery and continue as long as pain medication is required.
 - Try to have a bowel movement the day before surgery.
 - Drink extra water every day (8 cups recommended).

Prevention of Urinary Retention

- It is our policy to prescribe Flomax (Tamsulosin Hydrochloride) 0.4 mg to help prevent urine retention after surgery when having surgery at CSMO Surgery Center. You will begin taking this medication 3 days prior to surgery and 4 days after surgery, medication may be stopped with adequate urination before 4 days. This medication will only be prescribed if you meet at least one of the following criteria:
 - Male patient with a history of BPH
 - Male patient with history of urinary retention
 - Male patients over 70 years of age

The Evening Before Surgery

- You will receive a call sometime between 2 pm – 5 pm from the Surgery Center or hospital to receive your actual arrival time for your surgery. If not, check your phone messages.
- Do not eat or drink anything after midnight, EVEN WATER, unless otherwise instructed.
- Do not take medications unless you have been instructed to do so during your preoperative assessment at the surgery center or hospital.
- For LUMBAR surgeries: Take a shower with an anti-bacterial soap that is either given to you at pretesting or purchased at a pharmacy or store. Common brands of the chlorhexidine soap may be Hibiclens, Dynahex, or others.
- If you are having surgery at the CSMO Surgery Center: Please pick up your post-operative medication at your preferred pharmacy the day before surgery.
- If you are having surgery at either Memorial Hospital or Parkridge Medical Center: Your prescriptions will be electronically sent to your designated pharmacy for you to pick up after discharge. Please be aware that the advanced practice nurses and physician assistants cannot prescribe narcotics in Georgia or Alabama, so you must get your initial prescription filled in Tennessee before you return home. As an option, CHI Memorial's outpatient pharmacy can fill your narcotic prescriptions before you leave the hospital.

The Morning of Surgery

- For LUMBAR surgeries: Take a shower with an anti-bacterial soap that is either given to you at pretesting or purchased at a pharmacy or store. Common brands of the chlorhexidine soap may be Hibiclens, Dynahex, or others.
- Suggested items to take to the hospital: Personal hygiene (toothbrush, toothpaste, deodorant), watch, phone/charger, loose fitting or athletic clothing, and slippers with nonslip soles or tennis shoes.
- It is very important to bring your Photo ID, an up-to-date list of medications, and your insurance cards.

After Surgery

Discharge

- CSMO Surgery Center Patients: You will be discharged from the surgery center the same day. You must have someone remain with you until you are discharged and drive you home. It is preferred that you have someone stay with you at home for at least the first 24 hours.
- Memorial/Parkridge Patients: You may be discharged home from the hospital the same day or you may stay overnight at the hospital depending on the type of surgery you are having. It is preferred that you have someone stay with you at home for at least the first 24 hours.

General Post Op Instructions

- Use ice for topical pain relief at least three times daily for 15-20 minutes, or more as needed.
- Your appetite may be poor at first but will gradually return, often once your pain medication use decreases. Any kind of protein drink can be helpful to aid in recovery by boosting nutrition when appetite is down.
- Drink plenty of water to stay hydrated.
- As you recover, your energy level may be low for a while after surgery. This is often normal, but if extreme, please let us or your PCP know.
- Walk every 2 hours while awake, continue to increase the distance that you walk as you heal. As long as you are up and moving around at least every 2 hours while awake, compression stockings can be discontinued.
- You will follow up with Dr. Kesler 4 weeks after surgery in the clinic for evaluation. This appointment will be mailed to you by our surgery scheduler, Stephanie. However, if any issues arise, please contact the office to determine if it can be handled over the phone or if you need to be seen.

DRIVING

- If you have been instructed to wear a hard cervical collar you are not allowed to drive for 4 weeks until seen back in office for your post op appointment and are cleared to remove the collar.
- Otherwise, you are allowed to drive when you are at LEAST one week out from surgery and are OFF of all NARCOTICS and MUSCLE RELAXERS.
- We try to wean off of stronger pain medication as soon as is reasonable and use non-prescription pain relievers. It is important you take your prescriptions as directed. Do not take more than prescribed and do not take it if you don't need it. When it is time to consider taking another pill and you are not experiencing pain, it is entirely reasonable to take your pain medications less frequently than prescribed.
- Physical therapy is not routinely ordered on spine surgery patients. Dr. Geddes does not want his patients in formal physical therapy until he sees you back at 4 weeks post op. This does not include physical therapy needs to work on balance and activities of daily living.



- **Basic Incision Care:** The MOST IMPORTANT thing you can do is keep your incision and dressing as clean and dry as possible. Change the dressing as it becomes saturated. Do not use any lotions, creams, or ointments on the incision. If you are ever worried about the look of your incision please reach out to the clinic or submit a picture through your patient portal for evaluation. Having some medical tape and gauze ready at home before leaving the hospital is ideal.
 - Specific dressing change/incision care instructions are going to be given according to the surgery you are having.

Bowel Management AFTER Surgery

Surgery, anesthesia, limited mobility, and the use of narcotic pain medication may slow your bowel function and cause constipation. In the event you experience bowel issues the following are recommendations that may be helpful.

- Take over-the-counter stool softener (Colace) or osmotic laxative (MiraLAX or Milk of Magnesia) of your choice daily.
- Take laxatives as needed.
- Drink extra water every day (8 cups recommended).
- Drink juices, especially prune juice and apple juice, to promote stool softening.
- Drink a hot beverage about $\frac{1}{2}$ hour before usual time for a bowel movement.
Suggested: Caffeinated drinks such as coffee or hot tea.
- Increase dietary fiber: whole-grain breads, cereals, pasta, fresh fruits, fresh vegetables, dried beans, peas, barley, or brown rice.
- Take probiotic foods (yogurt, prunes, etc) or probiotic supplements.
- Walk every day.
- Reduce pain medication as pain level allows.

NOTIFY PROVIDER (surgeon or nurse): Please call our office at (423) 624-2696 and ask to speak with a nurse if you have not had a bowel movement or have stopped passing gas within 3 days after surgery or while taking pain medications.

Flowchart for Severe Constipation

Initial management:

MiraLAX oral powder: 17 gm orally every 24 hours
AND
Senna: 2 tabs orally twice daily OR
Colace 100 mg-200 mg orally daily to twice daily

If no bowel movement in 48 hours

Add:

Milk of magnesia: 15 mg orally three times daily

If no bowel movement in 72 hours

Increase:

Milk of Magnesia: 30 mg orally three times daily

Add:

Bisacodyl suppository: 10 mg rectally x 1, do not repeat

If no bowel movement in 96 hours

Consider:

Magnesium citrate solution: 300 mL orally x 1,
do not repeat

OR

Fleet enema: until BM, do not repeat

Over the Counter Medications

- MiraLAX: Osmotic laxative
- Senna/docusate: Stimulant laxative with stool softener
- Colace: Stool softener
- Milk of Magnesia: Osmotic laxative
- Bisacodyl suppository: Stimulant laxative
- Magnesium citrate: Saline laxative
- Fleet enema: Saline laxative

Important Contacts

Dr. Kesler's Nurse – Betty Philipose, RN (423) 624-2696

Dr. Kesler's Physician's Assistant – Barrett Schock, PA

Dr. Kesler's Nurse Practitioners – Andrew Walden, MSN, AGACNP-BC & Thomas Holcomb, NP-C

Surgery Scheduler – Stephanie (423) 697-8821

Secretary – Michelle Hale (423) 697-8726, mhale@sportmed.com

Billing Departments:

Will contact you before surgery to discuss your estimated coinsurance and deductible. They will estimate your out-of-pocket expenses and discuss expected costs and payment expectations.

CSMO Billing Department: 423-629-4395

CSMO Surgery Center Billing Department: 423-269-6244

Memorial Billing Department: 1-800-276-3614

Parkridge Billing Department: 423-698-6061

Pretesting Phone Numbers:

At least one week prior to surgery, the CSMO surgery Center or the hospital pretesting department will contact you.

CSMO Surgery Center: 423-698-6871, option #1

Memorial Hospital: 423-495-4417

Parkridge Medical Center: 423-493-1676