



GREG S. KHOUNGANIAN, MD

Minimally Invasive Spine Surgery
Board Certified Orthopedic Surgeon

IMPORTANT PRE-OPERATIVE INFORMATION

MEDICAL CLEARANCE – ALL surgical patients will need to complete an appointment for medical clearance prior surgery. The appointment should be scheduled within 14 days of your date of surgery with your Internist OR Family practitioner. They will make a decision if you will need to see another specialist, such as a cardiologist, for any further evaluations prior to surgery. If you do not have a primary doctor, Dr. Khounganian's office will help you find someone to see you pre-operatively.

Please be sure to bring along a list of your medications to the internist the day you are scheduled for pre-op clearance. You will want to ask your internist what needs to be discontinued and what medications you can continue taking.

Please be sure that any of the following blood thinning medications are discontinued at least 7 days prior to your surgery:

Aspirin or any Aspirin containing medications such as:	Non-steroidal analgesics such as:
<ul style="list-style-type: none">• Anti-inflammatories	<ul style="list-style-type: none">• Advil
<ul style="list-style-type: none">• Vitamin A	<ul style="list-style-type: none">• Aleve
<ul style="list-style-type: none">• Vitamin E	<ul style="list-style-type: none">• Ibuprofen
<ul style="list-style-type: none">• St. Johns Wart	<ul style="list-style-type: none">• Mobic (meloxicam)
<ul style="list-style-type: none">• MSM	<ul style="list-style-type: none">• Nuprin
<ul style="list-style-type: none">• Glucosamine	<ul style="list-style-type: none">• Naprosyn (naproxen)
<ul style="list-style-type: none">• SAM-E	<ul style="list-style-type: none">• Celebrex
<ul style="list-style-type: none">• Ginger and garlic tablets	<ul style="list-style-type: none">• Chinese Herbs or plant extracts (especially: FISH OIL, Ginko-Biloba, Mahuang, Kava Kava Root, or Ginseng).

Most other pain medication (i.e. Narcotic) will not need to be discontinued.

Most of you will have been asked to bring ALL your spine study FILMS with you to the hospital for your surgery. Dr. Khounganian will not be able to perform your surgery unless you bring these FILMS with you. These studies may include X-rays, MRI, CT and/or myelograms. If you do not have these FILMS,

please, contact our office and be sure that our staff has them. If our office does not have them we may assist in tracking them down prior to your surgery.

You will need to contact our office staff to schedule a post-operative appointment. This appointment is usually within 7-10 days after the date of your surgery. In addition, you will have another appointment 1 month and 3 months.

Please do not eat or drink after midnight the night before your procedure. If you need to take your pain medication in the morning you may do so ONLY with a SMALL SIP of water.

You will be seen by Dr Khounganian as well as an Internist during your hospital stay and prior to being discharged from the hospital. You will have time to call on a friend or family member to collect you.

If there is something the in-house nurses cannot answer or you feel more comfortable speaking with someone on our staff then we can be called or paged immediately. We are available for you at any time. Questions (please keep messages as short as possible). In case of an emergency, you can call your physician at (818)343-4430. Dr. Khounganian is available 24/7 for your questions.

Please feel free to call our office anytime with any further questions or concerns. We are more than happy to help in any way we can.

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