



DR. MOHAMMAD JONDY

Board Certified Sports Medicine

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Tenex Pre-surgical instructions:

Patient name: _____

Scheduled surgery date: _____ Time: _____

Facility: INSIGHT – 4800 Saginaw St. Flint, MI 48507

When you arrive at INSIGHT – you will go to 3rd floor pain management suite.

1. No blood thinners or anti-inflammatories 5 days before surgery.

This includes: ASA, Plavix, Eliquis, Pradaxa, Xarelto, Coumadin, Motrin, Ibuprofen, Advil, or Aleve. If you are unsure if you should take a medication or not – please call the office.

2. You will not be allowed to take any anti-inflammatories for one whole month after the surgery. Dr. Jondy will provide you with a prescription for pain control.

3. You will need to have 2 post-surgery visits scheduled with Dr. Jondy. You will need to be seen 2 weeks and 6 weeks after your procedure.

2 week appt: _____ Office: _____

6 week appt: _____ Office: _____

4. Bring your sling, brace, or orthotic with you to the surgery center on the day of surgery.

5. If you are nervous or feel anxious about the procedure, your doctor may prescribe you Xanax or use sedation. **If you plan to use sedation you will need to fast - no eat or drink 12 hours before the procedure. If you choose Xanax or sedation, you will need a driver to take you home.**

6. If you have questions for the surgery scheduler, please call (989) 652-7344 and press option 4.
If you have questions for INSIGHT, please call (810) 275-9152