

Hussein Elkousy, MD
(713) 395-6570
elkousyoffice@fondren.com
contactus@elkousysportsmd.com

Surgery Date:

We are pleased that you have chosen Dr. Hussein A. Elkousy/Texas Orthopedic Hospital for your surgical needs. It's important that you know we place your care at the center of all we do and that we will strive to make your surgical visit as smooth as possible.

Surgery days

Dr. Elkousy operates on Monday morning, Wednesday all day, and Friday all day.

All shoulder replacement surgeries are done on Monday morning.

Pre-admission process:

Pre-admission with Texas Orthopedic Hospital is mandatory. Within 2-4 weeks to surgery, you may contact the Pre-admit department by calling (713)794-3525 (Toll free: 866 447-1350) to schedule a telehealth (virtual) appointment. If you do not schedule an appointment and prefer to walk in, you will have a longer wait time. You will speak with a nurse, complete any necessary lab work/EKG, and interview with an anesthesia Nurse Practitioner. The hours are 8:00am to 5:00pm. **You will need to bring a list of your current medications, allergies & prior surgeries, as well as your driver's license and insurance card to pre-admit.** You may need to obtain medical clearance for surgery from your treating physician (Internist, Cardiologist, Pulmonologist, Neurologist, Nephrologist, etc.). If you have an EKG within the last 12 months, and/or lab work within the last 30 days please bring a copy with you to the pre-admit appointment.

Financial responsibilities:

After the surgery has been scheduled, a representative from Fondren Orthopedic Group pre-certification department will contact you regarding your physician surgery benefits. They will inform you of your surgery deductible, co-pay, or co-insurance if applicable. All surgery deposits must be paid at the latest one day prior to your surgical procedure. If you wish to be informed of your financial responsibility for the hospital charges, you should contact your insurance company. If you have not heard from the hospital billing department three days prior to surgery, please call 713 448-2000 for any hospital financial information. You will receive separate bills from the following entities: Fondren Orthopedic Group/Ortho Lone Star (Dr. Elkousy), Texas Orthopedic Hospital, USAP (Anesthesia

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Group), and the pathology department if applicable. If you have any questions regarding this matter, please contact the Fondren pre-cert department at (713)794-8914.

Prior to surgery:

1. Two days before surgery, our office will contact you to confirm your pharmacy information and call in your post-operative medication. Our standard medication protocol is below. If you have any issues with this, please inform us when we contact you in order to allow us to make adjustments.
 - a. Simple knee arthroscopic procedures – Tylenol with codeine, Naprosyn.
 - b. All other knee surgeries and all shoulder surgeries – Norco 10/325 and Flexeril.
 - c. Keflex is an antibiotic that we call in for 5 days for all surgeries that have an incision. If you have an allergy, please let us know and we will call in an alternative.
 - d. Lovenox is a blood thinner that we use occasionally for lower extremity procedures such as patellar tendon and quadriceps tendon repairs.
2. Dr. Elkousy's office will reach out to you the day before your surgery to inform you of your arrival time and which floor you should report to the morning of surgery. We wait until the day prior to surgery because the schedule order depends on other patient factors.

The day of surgery:

1. REMEMBER NOT TO EAT, DRINK OR SMOKE ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS IS FOR YOUR PROTECTION. (THIS INCLUDES CHEWING GUM, CANDY, OR CHEWING TOBACCO.) If you are taking any aspirin, vitamin E or herbal products, please discontinue this medication 5 days prior to surgery. You may take Tylenol. Do not take Advil (Motrin, Ibuprofen), Aleve or any other anti-inflammatory medication.
2. Wear loose, comfortable clothing. Leave jewelry and valuables at home.

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3. On the day of your surgery, sign in on the 1st or 2nd floor at the registration desk of Texas Orthopedic Hospital.
4. In the admission area, you will meet:
 - a. a. A registered nurse (to prepare you for surgery)
 - b. b. An anesthesiologist (the doctor will answer any questions you have about anesthesia)
 - c. c. An operating room nurse (to explain what will happen in the operating room)
 - d. d. Dr. Elkousy (to answer any additional questions you may have).
5. After surgery, you will be in the recovery room for approximately 1 to 1 1/2 hours. You will be taken to your room if you are admitted. If you are an outpatient, you will go to the observation area. Your family or friends may come to see you at this time. Outpatients will be discharged when you are able to get out of bed, eat, drink, and go to the bathroom.
6. It is mandatory to have someone drive you home. You must have a responsible adult to take you home upon discharge. You may not ride public transportation, taxi, or Uber without an adult companion.

If you need to cancel or change the surgery date, please call our direct line at 713 395 6570 or send an email to elkousyoffice@fondren.com.

Sincerely,

Dr. Elkousy's staff