



## CAMRAN NEZHAT INSTITUTE

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Dear Prospective Surgery Patient,

Thank you very much for your interest in learning more about Dr. Camran Nezhat, Dr. Azadeh Nezhat and the Center for Special Minimally Invasive and Robotic Surgery. We are exclusively dedicated to women's health. We know that facing health concerns can be an especially stressful experience. We are committed to providing you with the most sensitive consideration and care throughout your journey towards optimal health. We are especially mindful of just how crucial this initial information-gathering stage can be in helping you make the most informed decision possible about your unique health concerns.

### **INSURANCE:**

We currently have contracts with the following PPO employer based group health insurance plans:

- United Health Care
- Cigna
- Anthem Blue Cross
- Blue Shield

We do not accept HMO's, CHAMPUS, TriCare, Medi-Care, Medi-Cal, Obama Care, Covered California and/or Individual Plans offered through the exchanges.

Based on our experience with each insurance company we encourage our patients to enroll with PPO plans (with both in and out-of-network coverage), that don't limit or have hidden clauses for out-of-network services, as it will allow us to schedule you for surgical services quickly. We encourage you to contact your insurance company with benefit specific questions, as they will be able to provide you with more specific, individualized information. Nevertheless, please call our office for further assistance and clarification.

### **OUR WEBSITE:**

Please visit us at [www.nezhat.org](http://www.nezhat.org). Our website has numerous resources to help you learn more about your potential surgery, pre- and post-operative instructions, as well as an extensive FAQ section.

### **FIRST CONSULTATION:**

Please note that you will need to provide us with all your pertinent medical records, previous operative and pathology reports, including any recent lab work, ultrasound results, MRIs, CTs, etc. from your other physicians ahead of time. The duration of your appointment with Dr. Nezhat will vary depending on what is conducted during your visit. At the consultation, Dr. Nezhat will review your history in detail and listen to your concerns. You will also be given an extensive physical exam that will include *2 separate vaginal ultrasounds*; these are given in one setting but utilize 2 different scanning techniques. If you would like more information about potential out-of-pocket costs, please call our office for assistance.

### **SCHEDULING A SURGERY:**

When choosing your surgery date, please note that roughly 2 weeks prior to your surgery, you must discontinue taking several categories of medications, including antiplatelet medications (i.e. Plavix), Isotretinoin products (i.e. Accutane), as well as any anorexiant (weight loss) substances, such as Sibutramine (Meridia), Phentermine (Fastin, Ionamin, Adipex), or any other weight loss products. At the time of your first consultation, Dr. Nezhat will review your history and discuss this information with you.

Also 2 weeks prior to your surgery, you must stop taking several types of over-the-counter medications, such as aspirin and aspirin-based products such as Motrin, Anaprox, Advil, Excedrin, and Midol. These have blood-thinning properties that make it difficult to stop bleeding, should any occur during surgery. You will also be required to discontinue taking certain vitamins and alternative medicinal products two weeks before surgery. These include, but are not limited to, Vitamin E, Gingko, Biloba, Ginseng, Melatonin, Yohimbe, Echinacea, Ephedra, Kava, and Melatonin. This is not a comprehensive list. Please be sure to tell Dr. Nezhat everything you take or have recently taken, so that he can gain an accurate understanding of your particular medical history.

In addition to these important medical instructions, please also keep in mind that you may need to be in the San Francisco Bay Area 1-2 days prior to surgery and 1- 3 days postoperatively (exceptions may apply). As for choosing your surgery date, plan it for a time when your activities can be kept to a minimum in order to let your body heal. Depending on the surgery, patients on average require between 1 to 4 weeks of rest before returning to strenuous activities such as

sports, lifting heavy objects, spinning classes, or other similarly high impact activities.

#### **PRE-OPERATIVE CONSULTATION:**

A few days before your surgery, you will be seen in our Palo Alto office by one of our physicians for a pre-operative appointment. At this appointment, you will have the opportunity to go over any final pre-surgery questions or concerns you may have, post-operative instructions, and after-hours paging and contact information for Dr. Nezhat and/or his assistant surgeons. A physician will review your pre-operative labs and medical clearance packet (if requested) with you to make sure you are cleared to proceed with surgery. We will collect the \$2500 assistant surgeon fee at this time as well.

#### **ASSISTANT SURGEON FEE:**

Dr. Camran Nezhat will be your surgeon for all procedures but it is necessary that Dr. Nezhat have additional surgeons in the operating room for assistance with the procedures. These assistant surgeons are not in-network with insurance companies. Therefore, there is a \$2,500 assistant surgeon fee due at your pre-operative appointment. This fee can be paid for via HSA, FSA, Cashiers Check, Credit or Debit Card. Please make this payable to *Northern California Surgical Endoscopy*. Make sure to factor this cost into your decision-making process prior to scheduling your surgery.

We retain assistant surgeons, as they are absolutely crucial for ensuring that the highest level of medical care is provided to patients. The American College of Obstetrics and Gynecologists recommends that a highly skilled assistant surgeon be present during laparoscopic gynecologic surgeries due to the complexity of such cases. These surgeons are hand-chosen by Dr. Nezhat for their exceptional surgical skills and advanced training.

#### **NO GUARANTEE OF SURGERY OR PREFERRED SURGERY DATE:**

Please note that there is no guarantee that surgery will be necessary or that surgery can be scheduled in the exact time frame that you would like. Please consider this possibility when planning your visit. It is only at the time of your first in-person consult when Dr. Nezhat can physically examine you, review your medical records, find out more about you, and evaluate properly the medical decision to proceed with surgery. Only then, can all options be presented and best decisions be determined.

#### **POST-OPERATIVE CARE:**

It is very important to have a postoperative exam to ensure that you are healing well. Post-operative appointments are made for 4-6 weeks after surgery.

**BILLING:**

For all your post-service billing concerns, insurance claim status, and/or insurance appeals requests, please feel free to contact our billing representative directly at (408) 833-6163.

**SURGERY CANCELLATIONS:**

Dr. Nezhat typically operates 4 days a week (Monday-Thursday) and so our patients find that they have many options for choosing surgery dates. Even so, we understand that unexpected events may alter your plans. Please keep in mind that our center incurs a penalty from the hospital for cancellations. Therefore, we charge a surgery cancellation fee of \$250 if you cancel with less than 2 weeks (14 business days) notice and \$500 for less than a 2 business days notice.

This letter serves to provide a general overview of our office's policies. More extensive details will be given during your initial consultation with Dr. Camran Nezhat and again at your pre-operative appointment. Please feel free to contact us if you have any questions or would like more information.

Sincerely,

**The Staff of Camran Nezhat Institute**