



JORDAN-YOUNG INSTITUTE
ORTHOPEDIC SURGERY & SPORTS MEDICINE

Justin W. Griffin, MD

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SURGICAL GUIDE

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Patient Name: _____

Date of Surgery: _____

Location of Surgery:

Sentara Leigh Ambulatory Surgical Center

Sentara Leigh Main Operating Room

BEFORE YOUR SURGERY

- MEDICAL CLEARANCE AND TESTING

Once you have a surgical date, there are a few things you will need to do in order to prepare for your surgery. **All patients have to be seen by a medical doctor** (like your internist, or a Sentara physician) prior to surgery in order to be cleared for anesthesia. Here is a list of things to do in order to prepare for your surgery. There is also information regarding surgery and the hospitals found on Dr. Griffin's website, www.justingriffinmd.com.

If you do not currently have a primary care doctor, the following groups of doctors are more than happy to help you complete for pre-operative requirements. Once you have a surgical date, Dr. Griffin's medical secretary will call to **schedule your appointment with one of the following practices below within 30 days of your surgical procedure:**

Sentara Leigh Hospital Pre-Anesthesia Surgical Screening (PASS)
Lynn Berkhimer, Coordinator
Located at the main entrance at Sentara Leigh Hospital
830 Kempsville Road, Virginia Beach, VA 23502
Phone: 757-261-8994

CARDIOLOGISTS

John J. Griffin, M.D. at Cardiovascular Associates
Located at 1708 Old Donation Parkway, Suite 100, Virginia Beach, VA 23454
Phone: 757-419-3000

- Dr. Griffin's medical secretary will contact your PCP to inform them of your upcoming surgery and to schedule your appointment with them. The secretary will call and/or mail you the appointment information. If the date and time needs to be rescheduled, please contact your PCP directly.
- REMEMBER, the visit to the medical doctor, blood work, and tests are only good for 30 days, so wait until you are inside that window before completing.
- **DON'T WAIT UNTIL THE LAST MINUTE.** Sometimes, tests can come back abnormal which require further testing. If you wait until the week before your surgery to have them completed, you may not have time to do any additional tests and therefore have to reschedule your surgery.
- If you see a Cardiologist for any reason, you will need to contact their office to request a note from them clearing you for your surgery. This may require an additional visit to the cardiologist before surgery.
- **If we do not have the results of your preoperative testing in our office 1 week before surgery, we may have to reschedule your surgery.**

- All pre-operative testing is faxed to our office, so if you have any questions about them please feel free to contact the Medical Secretary at 757-502-8563.

- MEDICATIONS TO STOP BEFORE SURGERY

- **7 days before surgery**
Aspirin (including baby aspirin)
Coumadin (as directed by your PCP)
Any other medication as directed by your primary care doctor
- 10 days before surgery
Plavix
Anti-inflammatory (except Celebrex)
St. John's Wort
Fish Oil
Omega-3 supplements
- YOU CAN CONTINUE – Tylenol, Celebrex, Ultracet, Glucosamine
- If you are taking any other medications that are not listed, please consult with your internist prior to surgery to determine if you should continue taking the medication or see when you should stop and resume the medication.
- If you are taking narcotic medication (Norco, Percocet, Hydrocodone, etc) please notify our office prior to surgery.
- **Frequently Asked Question: When can I restart the medications I was told to stop prior to surgery?**
 - Please check with your primary care physician. But, most medications can be started the day after surgery.

Remember, **nothing to eat or drink after midnight** the night before your surgery. If you are to take a medication the morning of surgery, you may take it with a sip of water.

PHYSICAL THERAPY

You can make arrangements for physical therapy before your surgery. Ask Dr. Griffin when you will be expected to start therapy after surgery; you will get the prescription when you leave the hospital the day of surgery. Plan on attending outpatient physical therapy 2-3 days per week for 3-4 months.

You can attend PT at any location that is convenient for you. If you do not know of a location, we recommend:

Jordan Young Physical Therapy *
5716 Cleveland Street
Virginia Beach, VA 23462
757-961-7271

Norfolk:

<i>Clinic Name</i>	<i>Address</i>	<i>Phone</i>	<i>Hours</i>	<i>Distance from JYI</i>
Atlantic PT-Newtown*	6330 Newtown Rd	466-4401	M-F 6:30am-7pm, Sat 7-12	0.8 mi, 23502
Sentara-Leigh	6315 N Center Dr	261-0820	M,T,TH 7:30-7, W 7:30-6, F 7:30-5	1.5 mi, 23502
Tidewater- Kempsville*	6161 Kempsville Circle	965-4890	M-F 7:30-5	1.6 mi, 23502
Norfolk PT Center*	839 Poplar Hall Dr	459-2112	M-F 7:30-6	1.7 mi, 23502
Bon Secours InMotion- Amelia	885 Kempsville Rd	955-2800	MW 8:30-6, T,TH 7:30-7, F 8:30-5	1.7 mi, 23502
Therapy Network- Janaf *	5665 Lowery Rd	351-6020	M-F 8-5	3.4 mi, 23502
Tidewater-Brambleton*	250 W Brambleton Ave	938-6608	MW 8-6, T,TH 7-4, F 8-5	6.8 mi, 23510
Sentara-Blocker YMCA	312 W Bute St	252-2600	M 8-6, T-F 8-7	7.8 mi, 23510
Southeastern PT-Granby*	3509 Granby St	423-8885	M 9-7, T,TH 7-7, W 8:30-5, F 7-2	8.1 mi, 23504
Sentara-Granby YMCA	2901 Granby St	252-5340	M-F 8-6:30	8.5 mi, 23504
Bayview PT*	7930 Chesapeake Blvd	588-4325	M-F 9-5	8.9 mi, 23518
Bon Secours InMotion- Ghent	930 W 21 st St	738-1500	MWF 7-3:30, T,TH 10:30-7	8.9 mi, 23517
Therapy Network- Ghent*	951 W 21 st St	623-0867	M-T 9-5:45, F 9- 4:45	8.9 mi, 23517
Old Dominion University*	1015 W 47 th St	683-7041	Flexible Hours	9.9 mi, 23508
Bon Secours InMotion- Depaul	7300 Newport Ave	217-0333	M-F 6:30-6	10.2 mi, 23505

Virginia Beach:

<i>Clinic Name</i>	<i>Address</i>	<i>Phone</i>	<i>Hours</i>	<i>Distance from JYI</i>
Adler PT*	5600 VB Blvd	455-5000	M-F 8-5	0.6 mi, 23462
Southeastern PT-Haygood*	4668 Pembroke Blvd	648-8562	M-Th 7-7, F 7-3	3.7 mi, 23455
Haygood PT*	1024 Independence Blvd	460-3363	M-Th 7-7, F 7-5	3.8 mi, 23455
Therapy Network-Ind.*	762 Independence Blvd	456-2032	M-Th 8-6, F 8-4	3.9 mi, 23455
Southeastern PT-Kempsville*	5301 Providence Rd	467-4604	M-Th 7-7, F 7-5	4.2 mi, 23464
Sentara Independence	816 Independence Blvd	363-6178	M-F 7:30-6	4.2 mi, 23455
Physiotherapy Assoc*	1400 Fordham Dr	361-3951	M-Th 7-7, F 7-2	5.1 mi, 23464
Bon Secours InMotion	828 Healthy Way	463-2540	M-Th 6:30-7, F 6:30-5:30	5.6 mi, 23462
Sentara-Indian River	5660 Indian River Rd	252-5300	MW7:30-6,T,Th 7:30-6:30,F 7:30-5	5.7 mi, 23464
Physiotherapy Assoc*	3772 VB Blvd	340-0556	M-Th 7-8, F 7-3	5.9 mi, 23452
Therapy Network-Kemps*	1444 Kempsville Rd	474-7490	M-Th 8-6, F 8-3	6.3 mi, 23464
Kempsville PT (Linda Boaz)*	5320 Providence Rd	523-4705	M-F 10-5	6.5 mi, 23464
Best Life PT*	3093 Brickhouse Ct	961-5888	By appointment	6.6 mi, 23452
Innovative PT*	2224 VB Blvd	486-8663	M 8-6, T,Th 7-8, W 7-6:30, F 8-2	8.3 mi, 23454
Sentara Princess Anne	1975 Glenn Mitchell Dr	507-1660	M-Th 6:30-6:30, F 6:30-5:30	8.7 mi, 23456
Direct Performance PT*	3020 Shore Dr, Unit B	742-3778	M-F 7-5:45	9.1 mi, 23462
Bon Secours InMotion-Hilltop	1817 Laskin Rd	437-0471	M-Th 8-6, F 8-4	9.4 mi, 23454
Sentara-Hilltop	1725 Laskin Rd	252-4800	M-F 7:30-6	10.1 mi, 23454
Therapy Network-First Col.*	1788 Republic Rd	437-0412	M-F 8-5	10.3 mi, 23454
Atlantic PT-First Colonial*	1016 First Colonial Rd	481-4066	M-F 6:30-7, Sat 7-12	10.8 mi, 23454
Southeastern PT-Great Neck*	1157 First Colonial Rd	481-0052	M-Th 7-6, F 7-2	11.2 mi, 23454
Tidewater PT-First Colonial*	1745 Camelot Drive	961-4800	M-Th 7-6:30, F 8-5	11.3 mi, 23454
Southeastern PT-	2008 Gen Booth Blvd	427-	M 7-7, T 8-6, W 7-	12.7 mi,

Gen Booth*		5505	5, Th 7-6, F 7-3	23454
Physiotherapy Assoc*	2135 Gen Booth Blvd	430-8828	M-Th 8-6, F 8-4	13.0 mi, 23454
Therapy Network-Oceana*	1232 Perimeter Pkwy	425-6514	M,W,Th 830-4, T 8-630, F 830-2	16.2 mi, 23454
Bon Secours InMotion	1253 Nimmo Pkwy	943-3060	M,Th 6:30-7, T,W 8-7, F 6:30-5	16.4 mi, 23456
Tidewater PT-Red Mill*	2004 Sandbridge Rd	301-6316	M-Th 8-5, F 8-4	17.4 mi, 23456

*Does not accept Optima HMO/POS

Chesapeake:

<i>Clinic Name</i>	<i>Address</i>	<i>Phone</i>	<i>Hours</i>	<i>Distance from JYI</i>
Bon Secours InMotion	1416 Stephanie Way	391-7676	M, Th 7-6, TW 8-6:30, F 7-4:30	7.9 mi, 23320
Sentara Greenbrier	713 Volvo Pkwy	282-4015	MWF 7:30-6, T,Th 8:30-6	8.1 mi, 23320
PT Center of Chesapeake*	747 Volvo Pkwy	420-2880	MW 7-5, T 8-11, Th 8-5, F 7-4	8.5 mi, 23320
Southeastern PT-So Norfolk*	801 Poindexter St	548-0014	M-F 8-4:30	8.8 mi, 23324
Restorative Physical Therapy*	900 Stanhope Gardens	842-6562	M-Th 7:45-6:30, F 9-5	9.7 mi, 23320
Southeastern PT*	905 N Battlefield Blvd	410-3157	MW 7-6, T,Th 8-6, F 7-4	9.8 mi, 23320
Chesapeake Regional PT	736 N Battlefield Blvd	312-6122	M-Th 6-6, F 7:30-3	10.3 mi, 23320
Southeastern PT-Kings*	680B Kingsborough Sq	547-0434	M-Th 7-7, F 7-5	10.6 mi, 23320
Tidewater PT*	927 N Battlefield Blvd	436-3350	MW 7-7, T 8-5, Th 8-7, F 8-5	10.7 mi, 23320
Therapy Network-Kings*	637 Kingsborough Sq	547-7554	M,W 8-5, T, Th 8-6, F 8-4	11.0 mi, 23320
Sentara-Great Bridge	633 S Battlefield Blvd	233-4790	M Th 7:30-6, TWF 8:30-6	13.1 mi, 23322
Sentara-Grassfield	1001 Scenic Pkwy	388-9950	MW 7:30-6:30, T 8:30-12:30, Th 8:30-6:30, F 7:30-5	14.2 mi, 23323
Tidewater PT-Western Br*	4020 Raintree Rd	484-4241	MW 7:30-6, T, Th 8-5, F 7:30-5	14.6 mi, 23321
Bon Secours InMotion-Ch Sq	4300 Portsmouth Blvd	465-7651	M-F 7:30-6	15.2 mi, 23321
Bon Secours InMotion-Han	235 Hanbury Rd E	391-7660	M-W 7-5:30, Th 7:30-5:30, F 7-5	15.4 mi, 23322
Tidewater PT-Great Bridge*	135 W Hanbury Rd	819-6512	MW 7:30-6, T,Th 8-6, F 8-5	15.8 mi, 23322

Portsmouth:

<i>Clinic Name</i>	<i>Address</i>	<i>Phone</i>	<i>Hours</i>	<i>Distance from JYI</i>
Bon Secours InMotion-High St	3300 High St	673-5689	M-F 7:30-5	11.1 mi, 23707
Bon Secours InMotion-YMCA	4900 W High St	483-4518	M-Th 7:30-5:30, F 7:30-5	12.2 mi, 23703
Sentara-Portsmouth	4201 Greenwood Dr	673-5020	M-F 9-4	12.4 mi, 23701
Bon Secours InMotion	5553 Portsmouth Blvd	465-7906	M-F 7:30-6	12.8 mi, 23701

Suffolk:

<i>Clinic Name</i>	<i>Address</i>	<i>Phone</i>	<i>Hours</i>	<i>Distance from JYI</i>
Sentara-Belle Harbour	3920 Bridge Rd	983-0025	M-F 8-6	17.9 mi, 23435
Bon Secours InMotion	5838 Harbour View Bl	673-5971	M-F 7-7, Sat 8-12	18.1 mi, 23435
Physiotherapy Assoc.*	5859 Harbour View Bl	686-0205	M-Th 7-8, F 7-3	18.3 mi, 23435
Bon Secours InMotion	1417 N. Main Street	934-3366	MWF 7-7, T,Th 8-6:30, Sat 9-1	26.6 mi, 23434
Tidewater Physical Therapy*	2007 Meade Pkwy	539-6300	M-Th 8-5, F 8-3:30	26.7 mi, 23434
Sentara Obici	2800 Godwin Blvd	934-4653	M-F 7:30-6	26.8 mi, 23434

Other Locations:

<i>Clinic Name</i>	<i>City</i>	<i>Address</i>	<i>Phone Number</i>
Mosher PT and Sports*	Onley, VA	20435 Washington St	757-789-3075
Mosher PT and Sports*	Cape Charles, VA	712 Randolph Ave	757-331-4490
Tidewater Physical Therapy*	Franklin, VA	1580 Armory Drive	757-562-0090
Tidewater Physical Therapy*	Smithfield, VA	204 Gumwood Dr	757-357-7762
Cape Hatteras PT*	Buxton, NC	PO Box 1016	252-489-7223
Sentara Albemarle Med Center	Elizabeth City, NC	1144 North Road St	252-384-4632
Sentara	Currituck YMCA, NC	130 Community Way	252-453-2834
Coastal Rehab, Inc*	Elizabeth City, NC	101 Medical Drive	252-338-2114
Coastal Rehab, Inc*	Ahoskie, NC	115 Loftin Ln	252-209-0901
Coastal Rehab, Inc*	Edenton, NC	701 Luke St	252-482-7939
Coastal Rehab, Inc*	Kitty Hawk, NC	5567 N Croatan Hwy	252-261-1556
Coastal Rehab, Inc*	Manteo, NC	110 S Hwy 64/264	252-473-9633
Coastal Rehab, Inc*	Moyock, NC	532 C Caratoke Hwy	252-435-6046
Outer Banks PT*	Kitty Hawk, NC	6365 N Croatan Hwy	252-255-5348
Cheryl Dambach*	Frisco, NC	51014 Fenstermacher Ct	252-995-4291
Select PT*	Elizabeth City, NC	615 S Hughes Blvd	252-335-2087

*Does not accept Optima HMO/POS

PREPARING FOR SURGERY

- Arrange to have a family member or a friend accompany you to the hospital the day of surgery; for outpatient surgery this is required. If you are spending the night in the hospital, also arrange for your transportation home from the hospital. **You must have someone present to take you home.** You cannot be released to Medicab or a car service.
- Plan ahead regarding your wardrobe. After surgery, most patients are asked to remain in a sling or brace. If this is the case, shirts that open in the front will be easiest to get on and off for shoulder/elbow surgery, and shorts for knee surgery. If you are going to be in a gunslinger after surgery, you will not be able to remove the brace at all, so plan accordingly.
- While you are in your sling or brace, **you will be unable to drive.** So, plan for transportation for work and physical therapy.
- Contact your work and adjust your schedule accordingly. If any paperwork needs to be filled out for leave from work you can fax it to our office at (757) 275-7934.
 - On the cover sheet of the fax please state where you want the forms sent once completed. You will leave the hospital with an off work note the day of surgery.
- If you have pets, you may want to arrange for someone to assist in caring for them for a few days after your surgery.

SHOWERING BEFORE SURGERY

- You will need to go to the pharmacy prior to your surgery to purchase **Hibiclens soap**. The hospital staff will contact you before your surgery to remind you to wash with the Hibiclens soap the night before your surgery.
- Use the Hibiclens soap the night before and morning of your surgery to **reduce your risk of infection**.
- Hibiclens provides broad-spectrum antimicrobial germ killing action lasting for up to 6 hours after prepping, providing excellent protection throughout the surgical procedure and beyond.
- This can be purchased over the counter at any local pharmacy.
- Use this soap the night before and morning of surgery on the pre-operative extremity.
- Instructions of use:
 - If you plan to wash your hair, use regular shampoo. Then, rinse thoroughly to remove any residue. Do not apply Hibiclens to your head, face, or genitals.
 - Apply Hibiclens liberally to cover the skin of the pre-operative extremity. Wash skin gently for 5 minutes. Rinse thoroughly and dry.
 - DO NOT use regular soap, lotion, powder or deodorants after washing with Hibiclens.



DAY OF SURGERY

If you are having surgery at the **Sentara Leigh Ambulatory Surgery Center**

Address: 830 Kempsville Road, Virginia Beach, VA 23502

Phone: 757-496-6400

Website: <http://www.vbasc.com/>

- **Surgery Time:** Our office will contact you the afternoon before your surgery to tell you the scheduled time of your surgery and what time to be at the hospital
- **Checking in:** You will need to check in with the information desk on the First Floor, right inside the main entrance of the Ambulatory Surgery Center. A map and directions to the hospital can be found on the Ambulatory Surgery Center's website – www.vbasc.com
- **What to bring:** You will need your picture ID and insurance card to register at the hospital. Please bring your sling and brace with you if one has been provided.
- **What not to bring:** We do not recommend bringing any valuables with you to the hospital. You will not be able to wear any jewelry during your surgery, so we recommend you leave it at home.
- **What to expect:** After checking in at the information desk, you and one family member will be escorted to the surgical preparation area. Here you will meet the nurses that will take your vitals, help you change into a hospital gown, and then escort you to the pre-operative holding area. You will see Dr. Griffin who will answer any last minute questions, and speak with the anesthesia team regarding the procedure. During the surgery your family will be directed to wait in the waiting room. Dr. Griffin will contact your family when your surgery is completed and you are on your way to recovery. Once the nursing staff feels that you are ready to be transported, you will move to the post-operative recovery area, where your family will see you.
- **Discharge Instructions:** Instructions will be reviewed with your family while you are in recovery. **Included in the packet is: your medication prescriptions, your physical therapy prescription, and your discharge instructions.**

DAY OF SURGERY

If you are having surgery at **Sentara Leigh Main Operating Room**

Address: 830 Kempsville Road, Virginia Beach, VA 23502

Phone: 757-261-6700

Website: <https://www.sentara.com/hampton-roads-virginia/hospitalslocations/locations/sentara-leigh-hospital.aspx>

- **Surgery Time:** Our office will contact you the afternoon before your surgery to tell you the scheduled time of your surgery and what time to be at the hospital
- **Checking in:** You will need to check in with the information desk on the First Floor, right inside the main entrance of the hospital. A map and directions to the hospital can be found on the Sentara Leigh website.
- **What to bring:** You will need your picture ID and insurance card to register at the hospital. Please bring your sling and brace with you if one has been provided.
- **What not to bring:** We do not recommend bringing any valuables with you to the hospital. You will not be able to wear any jewelry during your surgery, so we recommend you leave it at home.
- **What to expect:** After checking in at the information desk, you and one family member will be escorted to the surgical preparation area. Here you will meet the nurses that will take your vitals, help you change into a hospital gown, and then escort you to the pre-operative holding area. You will see Dr. Griffin who will answer any last minute questions, and speak with the anesthesia team regarding the procedure. During the surgery your family will be directed to wait in the waiting room. Dr. Griffin will contact your family when your surgery is completed and you are on your way to recovery. Once the nursing staff feels that you are ready to be transported, you will move to the post-operative recovery area, where your family will see you.
- **Discharge Instructions:** Instructions will be reviewed with your family while you are in recovery. **Included in the packet is: your medication prescriptions, your physical therapy prescription, and your discharge instructions.**

AFTER SURGERY **FREQUENTLY ASKED QUESTIONS**

Once your surgery is complete and you are on your way to the recovery room, someone will speak with your family. All of your discharge instructions will be reviewed with them at this time, along with your discharge medications, sling/brace use, and physical therapy.

Other common questions and concerns after surgery:

- **What if my extremity swells after surgery?**
It is not uncommon to experience swelling after surgery. Sometimes, you will not swell until several days after your surgery. Remember that your body is healing from surgery and some swelling is normal. The more activities and physical therapy you perform, the more swelling you may experience. With that said, we do want you to remain active and participate in therapy. But, the swelling will decrease by using ice. You should be alarmed if you have swelling for several days that is accompanied by redness and heat or coolness in your surgical extremity, or if the swelling does not resolve after ice and exercise. If this is the case, please contact the office.
- **Will I have bruising after surgery?**
Yes, you will have some degree of bruising after surgery, but everyone is different. Some will only experience redness around the incision; others will have bruising down the entire extremity. Both are considered normal and will resolve over 10-14 days
- **What should I expect my activity level to be?**
Every patient is different. Every day you should be increasing your activity level, but let your pain level and swelling be your guide. You will make 90 percent of your recovery in the first three months, and the remaining ten percent will come within the first year.

At some point, most patients overdo it with activities and therefore take a few steps back in their recovery. You may have increased swelling or discomfort if this happens. You need to become concerned if you cannot control your pain with rest, ice, and medications. If this is the case please contact the office.

- **What if I am having problems sleeping?**
Make sure that your pain is well controlled throughout the day. During the day be careful about taking naps. Try to plan your activities as near normal as possible. Also you can try over the counter sleep medications by consulting your pharmacist.
- **When can I shower or bathe?**
 - You can shower once the initial dressing is removed (2 days post-op). However, the incision needs to stay dry and covered in the shower until the sutures are removed at 7-14 days post-op. Waterproof bandages work very well for this
 - Do not submerge the incisions in a bath, pool, or hot tub until the sutures are removed and the wound is healed.

- Shoulder surgery: To wash under your arm, bend forward and allow your arm to hang straight to the ground. You should not attempt to lift your arm overhead to wash under your arm.
- **What about using a hot tub or whirlpool?** Because of the heat and bacteria in the water, we do not want you to use a hot tub or whirlpool for six weeks after surgery.

- **When do I get my stitches removed?**
Your sutures should be removed 7-14 days after surgery. This is done at your first postoperative appointment. This appointment can be set up before surgery, just contact the office at 757-502-8563 to schedule.

- **How long do I have to wear the sling/brace?**
This depends on the procedure Dr. Griffin is performing. The amount of time you are to remain in your sling/brace will be discussed with your family while you are in recovery. It will also be included in your discharge instructions and on your physical therapy prescription. If you have any questions regarding this, please contact our office.

- **What positions can I sleep in?**
If you are having shoulder surgery, you may sleep on your back or in an upright position with your arm well supported in your SLING. Some patients find it more comfortable to sleep in a recliner.

- **How long will I be on narcotic medication for?**
You can stop taking the narcotic medication when you are no longer experiencing moderate pain. You can always contact the office and ask for a less strong medication, or switch to over the counter medications for your discomfort. Most patients are off the narcotic medication within a week of their surgery.

- **What should I do to avoid constipation?**
Drink plenty of fluids and eat fruits and fiber. If you continue to have symptoms of constipation you can take Milk of Magnesia, which is a mild oral laxative, or use Magnesium Citrate, which is much stronger. To try and prevent problems, you can also take an over the counter stool softener while taking the narcotic pain medication.

- **When do I need to call the doctor?**
If you have a fever above 101.5, chills, sweats, excessive bleeding (example: you had to change the dressing twice in 12 hours), foul odor, excessive redness, excruciating pain, yellow or green discharge.

- **During regular business hours, call 757-490-4802**

Evenings, nights and weekends, call 757-490-4802 to speak with the physician who is on call for the practice OR go to your local emergency room

**JUSTIN GRIFFIN'S RESEARCH AT JORDAN-YOUNG AND
EASTERN VIRGINIA MEDICAL SCHOOL
*RESEARCH AND PHILANTHROPY***

We are, first and foremost, committed to providing you with the best shoulder and sports medicine care possible. In order to stay current with the latest technological advancements in surgery and treatments, we are actively involved in research pertaining to all aspects of shoulder, knee and arthroscopic surgery and care. This research will continue to improve treatment methods for you and future patients.

If you have any questions regarding current research projects, please contact:

Carolyn Battaglia
Clinical Research Coordinator
757-490-8586
CBattaglia@Jordan-YoungInstitute.com

Thank you for choosing Dr. Griffin at Jordan-Young Institute Orthopedics

Pre-Approval Letter for Surgery For Patients covered under Workman's Compensation

All workmen's compensation patients need to have a pre-approval letter prior to scheduling a surgical date. You can either contact your workman's compensation claims adjuster, rehabilitation nurse, or your attorney and let them know that you have seen Dr. Griffin and he is recommending surgery.

In order to get a surgical date, we will need a letter from the workman's compensation CLAIMS ADJUSTER stating that your surgery has been approved. They need to have that letter sent to:

Fax: 757-275-7934

Or

**Mail: Jordan-Young Institute
Attn: Dr. Griffin
5716 Cleveland St. Suite 200
Virginia Beach, VA 23462**

Once the letter has been received, our office will then call you on the phone number provided at the time of your appointment to give you your surgical date. Please DO NOT complete any of your lab work until you have a surgical date.

Questions: Please call 757-490-4802