



Scott Spiro, M.D., F.A.C.S.

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COVID-19

Due to the recent COVID-19 pandemic, we have created safety instructions to follow two weeks prior to and immediately following your surgery date to ensure the prevention and spread of COVID-19. This summary is meant to be a consolidated outline and although it aligns with best practices laid out by local, state, and federal agencies and it is not intended to substitute for any of these agencies' recommendations and guidelines. Please utilize the resource section on our web site as well as all available state and national health authorities web sites to gather additional information.



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Pre and Post Surgery Safety Instructions

Please follow our recommendations to stay safe prior to and after your surgery.

1. Patients are advised to self-isolate 14 days prior to and after your surgery.
2. If you are having surgery at Saint Barnabas, you will be contacted by Saint Barnabas for COVID testing 48-72 hours prior to surgery, you will be given a time for testing failure to show for scheduled testing time will result in AUTOMATIC CANCELLATION of surgery.
3. If COVID test is positive, surgery will be cancelled and will ONLY be rescheduled once a negative test is resulted a minimum of 2-4 weeks after positive result, most likely at the 4th week.
4. All patient should self-isolate at home with face covering after testing up until the time of surgery.
5. Ensure that members of your household are also following social distancing guidelines.
6. Patients are advised NOT to travel for 1 month prior to your surgery.
7. Diligent handwashing: wash hands for at least 20 seconds. Use soap and water or hand sanitizer with at least 60% alcohol is recommended if soap and water are unable to be used, and whenever your hands are visibly soiled.
8. Practice appropriate respiratory hygiene; cover your mouth and nose or sneeze/cough into elbow; wash hands immediately afterwards.

COVID-19 Pre and Post Surgery Instructions

9. Refrain from touching your eyes, nose, and mouth.
10. If you must leave your house, please use protective gear such as gloves, eye wear, and face-covering.
11. Please avoid crowded areas, any social outings, and family gatherings for at least 14 days before and 14 days after surgery.
12. We recommend NOT using public transportation and car services such as Uber or Lyft.
13. Maintain at least 6 feet of distance between yourself and another individual.
14. Patients to monitor their temperature twice daily and keep a log of symptoms.
15. Be diligent in monitoring your health; if you develop a fever, cough, chest discomfort, or any symptom new to you please notify our office and contact your primary doctor immediately.
16. Please notify us if you or any close contacts have tested positive for COVID-19, have been in contact with someone who has tested positive for COVID-19, or you have been in recent contact with a person under investigation PUI.
17. If you have tested positive for COVID-19, please advise the office this. If you have been re-tested or had PCR/antigen(rapid test)/antibody bloodwork work completed let us know. The office will request documentation of this for our records.
18. Please thoroughly review the ASAPS and ASPS informed consent documents given to you by the office pertaining to COVID-19 and the increased risks associated with patients undergoing surgery.
19. No accompanying family members of any ages will be allowed in the office during your pre-operative and post-operative appointments. Any exceptions to this rule must be pre-approved by our office.
20. Family members that bring patients to any post-op appointments will be requested to wait outside of the office until the visit is completed. Any post-operative instructions that need to be relayed to a family member or friend will be made available by phone with the consent of the patient.

COVID-19 Pre and Post Surgery Instructions

21. During your appointment you must remain in protective facial covering.
22. Refer to the screening questionnaire regarding COVID-19 symptoms and exposure risks.
23. Eat and drink prior to your appointment so you remain well hydrated and nourished to avoid any lapses that may result in a prolonged office stay as we are trying very hard to keep you and all other patients as separated from each other as possible.



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Signs and Symptoms of Covid-19

For the safety of our patients and staff, it is important to be aware of the signs and symptoms of Coronavirus. Please notify our office immediately if you develop **ANY** of the following symptoms within 14 days of your surgery. Symptoms can develop anywhere from 2-14 days after exposure to the virus. Patients with coronavirus may also be asymptomatic and not develop any symptoms, but still be contagious. For this reason, all patients undergoing any surgical procedure are required to be tested 72 hours prior to their surgery.

- Temperature > 100.5
- Cough
- Shortness of breath and/or difficulty breathing
- Fever and/or Chills
- Muscle aches and/or pain
- Frequent and/or persistent headaches
- Sore throat
- New loss of taste or smell
- Skin rash and/or blisters and/or bluish discoloration of toes and/or fingers
- Conjunctivitis “Pink eye”
- Gastrointestinal upset: abdominal pain, nausea and/or vomiting, diarrhea
- Extreme fatigue
- Persistent pain or pressure in the chest
- Bluish lips or face

Comorbidities

Due to certain coexisting medical conditions, certain patients are at higher risk of developing serious Coronavirus complications and therefore must take extra precaution in preventing contraction of the disease. For your safety, please notify our office of **ALL** medical history and medications that you take.

- Autoimmune disease
- Chronic lung disease or asthma
- Obstructive sleep apnea
- Heart Disease or Congestive heart failure
- Diabetes
- Weakened immune system/Immune suppressant drugs (i.e. chemotherapy or corticosteroids)
- Chronic kidney disease/Dialysis
- Liver disease
- Hypercoagulable conditions
- History of blood transfusions
- Obesity



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COVID-19 Testing Information

Testing Type	Viral Test <i>(Current Infection)</i>	Serology Test <i>(Previous or Unknown Infection)</i>
Difference in Test	Viral testing is completed by nasal swab or saliva test. Viral testing is used in individual with signs and symptoms of an ACTIVE viral infection. Two types: PCR and antigen test.	Serology testing is completed by blood test, the blood test will indicate if an individual has evidence of PRIOR infection.
Purpose of Test	PCR test will determine the presence of the virus genetic material. Antigen test will determine if specific proteins are present on the virus surface.	This test determines if an individual has been exposed to the virus in the past , these individuals may have not developed symptoms, the test detects antibodies specific to virus.

In order to be seen in our office all patients must provide documentation showing a Negative PCR saliva test. If you are a surgical patient, testing will be done by the hospital or surgical facility at least 72 hours prior to your procedure.



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There are multiple testing centers throughout the state of New Jersey that allow for COVID-19 testing. The facility may only take priority appointments such as individuals presenting with signs and symptoms or healthcare, law enforcement and other individuals deemed essential.

Where to have testing for COVID-19

1. Primary Doctor's Office
2. Contact Urgent Care Facilities such as City MD for testing availability
3. Contact CVS Minute Clinic in your area to determine testing availability
4. Local County Website MAY provide testing location and dates
5. PNC Bank Center – Drive-Thru
6. NJMVC Camden Parking Lot & Camden County College– Camden County Residents Only
7. Bergen Community College – Drive -Thru
8. Toms River Rite-Aid
9. Burlington County Emergency Services Training Center – Residents Only
10. Ocean County Drive-Thru – Residents Only
11. Quakerbridge Mall Drive-Thru- Mercer County Residents Only
12. Barrington Rite-Aid

For further information and requirements for location 5 – 12 please visit
<https://covid19.nj.gov/search.html?query=Testing+Centers+in+NJ>

If a prescription is required please contact your primary care doctor's office, Spiro Plastic Surgery LLC will NOT be providing or writing for COVID-19 test prescriptions.



Resources for Guidelines

Highlight, CTRL and Click to follow link

1. Center for Disease Control and Prevention. *Prevent Getting Sick*. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
2. New Jersey COVID Information HUB. <https://covid19.nj.gov/>
3. New Jersey Department of Health. <https://www.nj.gov/health/cd/topics/ncov.shtml>
4. New York State Department of Health. <https://coronavirus.health.ny.gov/protect-yourself-and-your-family-coronavirus-covid-19>