



Kimberly Singh, M.D. | Nour Abboushi, M.D.
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Medical Clearance Form

Providers: Please See Second Page for Northside Hospital’s Requirements. Please fax back this form once completed, in addition to any lab results or testing to (770) 929-8716. Should you need assistance, please call our office to speak with our CMA, Amber at (770) 929-0634.

Surgeon: Dr. Kimberly Singh Dr. Nour Abboushi

Patient Name: _____ DOB: _____

Planned Surgical Procedure: _____ DOS: _____

Estimated Length of Surgery: _____

Please indicate if this patient is: Cleared Not Cleared

Comments/Additional Notes:

Provider Printed Name: _____ Provider’s Signature: _____ Date: _____

IF YOU ARE A MID LEVEL PROVIDER WE WILL ALSO NEED YOUR SUPERVISING MD’s SIGNATURE

MD Printed Name: _____ MD’s Signature: _____ Date: _____

MEDICAL CLEARANCE FORMS ARE ONLY VALID FOR 30 DAYS

****PANACEA PLASTIC SURGERY DOES NOT HAVE ANY SPECIFIC MEDICAL CLEARANCE REQUIREMENTS****

*****WE LEAVE THIS UP TO THE DOCTORS/ PROVIDERS DISCRETION*****



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ADDITIONAL INFORMATION REGARDING NORTHSIDE HOSPITAL'S REQUIREMENTS AND PROTOCOLS

Northside Hospital requires the following, but not limited to:

CBC (Complete Blood Count) Required-

- All patients over the age of 60 and do not have a current CBC within six (6) months prior to the date of surgery.

BMET (Basic Metabolic Panel) Required-

- All patients over the age of 65 and do not have a current BMET within three (3) months prior to the date of surgery.
- All patients, regardless of age, with diabetes or renal disease and do not have a current BMET within (3) three months prior to the date of surgery.

EKG (Electrocardiogram) Required-

- All biological females 55 and older if not completed within twelve (12) months prior to the date of surgery.
- All biological males 45 and older if not completed within twelve (12) months prior to the date of surgery.
- All patients 40 and older with a history of high blood pressure and/or diabetes if not completed within twelve (12) months prior to the date of surgery.
- All patients with stated or documented heart conditions if not completed within six (6) months prior to the date of surgery.

Potassium (K) Required-

- All patients taking diuretics and/or digoxin within one (1) month prior to the date of surgery.

Please Note in order to move forward with surgery in addition to hospital requirements stated above-

- A1C will need to 6.5 or less
- Hemoglobin needs to be 12+

All of our surgeries take place at Northside Hospital's Midtown OutPatient Surgery Center. Prior to surgery for all surgical patients, a pre operative nurse from Northside Hospital will call the patient to complete a phone assessment 3-10 days prior to the date of surgery. In addition to the phone assessment, due to the hospital and anesthesia protocols, patients may be required to attend an in person appointment with the anesthesia department at least three (3) days prior but no more than seven (7) days to the date of surgery to go in for additional testing.

Patients are required to attend an in person visit at least three (3) with the anesthesia department for any reasons listed below but not limited to:

- Patient Requires a Medical Clearance.
- Patient has a BMI greater than 44.