



PEACHTREE ORTHOPAEDIC
SURGERY CENTER
at Perimeter

Patient's Guide to Outpatient Spinal Fusion Surgery

5505 Peachtree Dunwoody Road, Suite 200
Atlanta, GA 30342

Phone 404-355-0743 | Fax 855-286-3226



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**PEACHTREE ORTHOPAEDIC
SURGERY CENTER**
at Perimeter

**PEACHTREE ORTHOPAEDIC SURGERY CENTER
AT PERIMETER, LLC**

**5505 Peachtree Dunwoody Rd, Suite 200
Atlanta, GA 30342
Phone 404-350-2450
Fax 404-352-7420**

**Peachtree Orthopaedic Surgery Center at Perimeter, LLC is owned by the following
physicians of Peachtree Orthopaedic Clinic:**

Michael Bernot, M.D.
James Beskin, M.D.
Ezequiel Cassinelli, M.D.
Wing Chang, M.D.
Xavier Duralde, M.D.
Letha Griffin, M.D.
Anuj Gupta, M.D.
John Henry, Jr., M.D.
Lee Kelley, M.D.
James Kercher, M.D.
William Kimmerly, M.D.
Donald Langenbeck, M.D.

Stephen McCollam, M.D.
Allen McDonald, III, M.D.
Douglas Murray, M.D.
Scott Pennington, M.D.
Shevin Pollydore, M.D.
Ashok Reddy, M.D.
R. Marvin Royster, M.D.
David Schiff, M.D.
D. Hal Silcox, M.D.
Stephen Smith, M.D.
Obinwanne Ugwonali, M.D.
Michael J. York, M.D.

Peachtree Orthopaedic Surgery Center at Perimeter, LLC is licensed by the State of Georgia and Medicare certified. Through commitment to high quality of care and substantial compliance with standards of ambulatory healthcare organizations, POSC-P was awarded and maintains accreditation by the Accreditation Association for Ambulatory for Health Care, Inc. (AAAHHC).

Membership to the Medical Staff of POSC-P is granted only to those health care professionals that have undergone a thorough credentialing process, and who meet and continue to meet requirements set forth by the Governing Body.

The Surgery Center is staffed with licensed Registered Nurses and skilled Surgical Technicians. Anesthesia care is provided by Northside Anesthesiology Consultants, LLC.

We are pleased you are considering Peachtree Orthopaedic Surgery Center at Perimeter for your upcoming surgical procedure. It is your right as a patient to make an informed decision as to where your surgery will be performed. Your alternate facility choices include Northside Hospital and Piedmont Hospital. If you have questions that are not answered within this brochure please contact Peachtree Orthopaedic Surgery Center at Perimeter and we will be happy to assist you.



Thank you for choosing **Peachtree Orthopaedic Surgery Center at Perimeter** (POSC-P) for your upcoming surgery. In order for your experience at POSC-P to be as pleasant as possible, we have provided this guide to help you prepare for your surgery. This packet contains directions to the Surgery Center as well as other valuable information. **Please read carefully, as this information is crucial to ensure you have a positive surgical experience.**

Your pre-operative visit is a very important part of your surgical experience and our first step toward assuring your comfort and safety. This appointment will be scheduled at your convenience, but we ask that your appointment is complete at least three business days prior to your surgery. Your physician's office may instruct you to telephone the surgery center at 404-350-2450 to schedule your appointment. At the time of your appointment, a nurse will review your medical history, your pre- and post-operative care and your transportation needs. If it is necessary to send you for lab work, additional time will be required. If you have had any lab tests performed within the month, please be ready to provide us with the office name and phone number where the results can be obtained, so that we might avoid duplicating lab tests.

On the day of your surgery, it is very important that you arrive at your scheduled time. Late arrival may cause a delay or cancellation of your surgery. Please be aware that we sometimes experience unavoidable delays. We will keep you informed of any changes in your scheduled surgery time. Once you are ready for surgery, two family members will be allowed to stay with you until you are taken back to the operating room. If there are more than two family members waiting, they may take turns visiting you.

Our goal is to provide premium care in an environment that is most relaxing for the patient, and no one is better qualified to measure our success than a former patient. You will be given a questionnaire before you leave our facility to evaluate your stay with us. We appreciate your comments.

Again, thank you for choosing Peachtree Orthopaedic Surgery at Perimeter for your surgical needs. If our staff can be of further assistance in preparing you for surgery, please do not hesitate to contact us.

Thank you!



Patient's Bill of Rights (Page 1 of 3)

The Patient has the right to:

- Be informed of rights (both verbally and in writing) as a patient (or patient representative) prior to, or when discontinuing the provision of care. A list of these rights shall be posted within POSC-P to be read by all patients.
- Exercise these rights without regard to age, race, disability, sex or culture, economic, education, or religious background or the sources of payment for care given.
- Formulate advance directives regarding patient's healthcare, and have POSC-P staff and practitioners who provide care in POSC-P comply with these directives (to the extent provided by state laws and regulations).
- Be treated with dignity and receive considerate and respectful care provided in a safe environment free from all forms of abuse, neglect or harassment.
- Remain free from seclusion or restraints of any form that are not medically necessary.
- Expect reasonable safety while in POSC-P.
- The name of the physician and staff who will be providing care and the name of the professional relationships of the other physicians and non-physicians who will participate in care.
- Receive appropriate information regarding provider credentialing. Receive as much information about any proposed treatment or procedure as needed in order to give informed consent or refuse this course of treatment. Except in emergencies, this information shall include a description of the procedure or treatment, the medically significant risks involved in this treatment, alternate course of treatment or non-treatment and the risks involved in each terms the patient can understand.
- Participate actively in decisions regarding medical care. To the extent permitted by law, this includes the right to request and/or refuse treatment.



Patient's Bill of Rights (Page 2 of 3)

- Express a complaint regarding care or any violation of your rights without being subject to discrimination or reprisal.
- Be advised of POSC-P's grievance process should the patient wish to communicate a concern regarding the quality of care the patient receives. Notification of the grievance process includes: whom to contact to file a grievance, and that patient will be provided with a written notice of the grievance determination that contains the name of the POSC-P contact person, the steps taken on patient's behalf to investigate the grievance, the results of the grievance and the grievance completion date.
- Provided with a written notice of the grievance determination that contains the name of the POSC-P contact person, the steps taken on the patient's behalf to investigate the grievance, the results of the grievance and the grievance completion date.
- Change providers if desired, either within POSC-P or to another provider of the patient's choice.
- Full disclosure of the privacy policy and full consideration of privacy concerning the medical care program. Confidential treatment of case discussion, consultation, examination and treatment and all communications and records pertaining to patient's care at POSC-P.
- The patient has the right to be advised as to the reason for the presence of any individual involved in the patient's healthcare. The patient's written permission shall be obtained before medical records can be made available to anyone not directly concerned with the patient's care.
- Assess information contained in patient's medical records within a reasonable time frame in accordance with state/federal laws and regulations.
- Reasonable responses to any reasonable requests made for service.
- Leave POSC-P even against the advice of the attending physician.
- Reasonable continuity of care.
- Be informed by the attending physician or designee of the continuing health care requirements following discharge.



Patient's Bill of Rights (Page 3 of 3)

- Obtain information before scheduled surgery about payment requirements of the bill, regardless of the source of payment. Examine and receive an explanation of the bill, regardless of the source of payment.
- If eligible for Medicare, to know upon request and in advance of treatment whether a healthcare provider or facility accepts the Medicare assignment rate.
- Be advised if physician/ POSC-P proposes to engage in or perform human experimentation affecting the care or treatment. The patient has the right to refuse to participate in such research projects or clinical trials.
- Receive appropriate knowledge regarding absence of malpractice insurance.
- All Peachtree Orthopedic Surgery Center at Perimeter personnel, medical staff members and contracted agency personnel performing patient care activities shall observe these patients' rights.

For Grievance, Contact:

Peachtree Orthopedic Surgery Center at Perimeter
Clinical Director: Renee Wolk, R.N. (404-350-2450, ext. 1782)

Department of Community Health: 404-657-5728
Healthcare Facility Regulation Division:
800-878-6442
Fax: 404-657-5731
Two Peachtree St. NW, 31st Floor
Atlanta, Ga. 30303-3142
www.ors.dhr.georgia.gov

Office of Medicare Beneficiary Ombudsman
www.cms.hhs.gov/center/ombudsman.asp
1-800-Medicare (800-633-4227)



PATIENT Responsibilities

The care a patient receives depends partially on the patient himself. Therefore, in addition to these rights, a patient has certain responsibilities as well. These responsibilities should be presented to the patient in the spirit of mutual trust and respect. The patient should:

- Provide accurate and complete information about present complaint, past illnesses, hospitalizations, any medications (including over-the-counter products and dietary supplements), any allergies or sensitivities, and other matters related to your health status.
- Make it known whether course of treatment and what is expected of the patient is clearly understood.
- Follow the treatment plan established by the physician, including the instructions of nurses and other health professionals as they carry out the physician's orders.
- Provide a responsible adult to transport the patient home from the Surgery Center and remain with the patient for 24 hours if required by the physician.
- Keep appointments and notify POSC-P or the physician when unable to keep an appointment.
- Accept responsibility for any actions resulting from the refusal to follow treatment or physician's orders.
- Inform the physician about any living will, medical power of attorney, or other directive that could affect the patient's care.
- Accept and ensure that the financial obligations of care are fulfilled as promptly as possible.
- Follow POSC-P policies and procedures.
- Be considerate of the rights of other patients and POSC-P personnel.
- Be respectful of personal property and that of other persons at POSC-P.

Peachtree Orthopaedic Surgery Center at Perimeter strives to provide excellent patient care and service. If you have a concern or complaint, please tell us so that we can work to satisfy your needs. Please ask to speak to the Operations Manager or Business Office Manager.

Thank you!



Peachtree Orthopedic Surgery Center at Perimeter
5505 Peachtree Dunwoody Road, Suite 200, Atlanta, Georgia 30342

From 400 North (Alpharetta/Cumming Area)

Take GA 400 South to Exit 3, Glenridge Connector. Take the exit toward Peachtree Dunwoody Rd. Turn left onto Peachtree Dunwoody Rd. Take an immediate right into the Peachtree Dunwoody Medical Center complex.

From 285 West (Smyrna Area)

Take I-285 East to Exit 26, Glenridge Drive. Take a right onto Glenridge Dr. which becomes Glenridge Connector. Turn left onto Peachtree Dunwoody Road. Take an immediate right into the Peachtree Dunwoody Medical Center complex.

From 285 East (Stone Mountain Area)

Take I-285 West to Exit 28, Peachtree Dunwoody Road. Turn Left onto Peachtree Dunwoody Road. The Peachtree Dunwoody Medical Center is approximately 1 mile down on your left.

From 85 North (Norcross/Buford/Suwanee Area)

Take I-85 South to I-285 West. Follow I-285 Exit 28, Peachtree Dunwoody Road. Turn Left onto Peachtree Dunwoody Road. The Peachtree Dunwoody Medical Center is approximately 1 mile down on your left.

From 75 North (Marietta/Kennesaw/Acworth Area)

Take I-75 South to I-285 East to Exit 26, Glenridge Drive. Take a right onto Glenridge Dr. which becomes Glenridge Connector. Turn left onto Peachtree Dunwoody Road. Take an immediate right into the Peachtree Dunwoody Medical Center complex.

From South of Atlanta (College Park/ Newnan/McDonough Area)

Take I-75/I-85 North through downtown Atlanta. Stay left to merge onto I-85 North. Take exit 87, GA 400 North toward Buckhead/Cumming. Take Exit 4A toward I-285 East. Follow signs to Glenridge Connector toward Peachtree Dunwoody Road. Take a right off the ramp onto Glenridge Connector. Take an immediate right into the Peachtree Dunwoody Medical Center Complex.



Spine Education Class

Once your surgery has been scheduled, it is important that you receive as much education about your upcoming surgery as possible. Understanding your surgery can help you manage more effectively at home and help prevent some unforeseen complications.

At POSC-P, we have developed a more personal approach to your education. Our Orthopedic Nurse Case Manager will act as your personal liaison between you and the surgical center. Our Nurse Case Manager will make an outreach call to you before surgery to educate you in great detail about what you can expect pre- and post-operatively, as well as answer any questions you may have. The Nurse Case Manager will also follow-up with you once you are home to ensure that you are managing without any difficulties.

The initial phone call will review:

- How to prepare your home
- What to bring to the Surgery Center
- What equipment you will need
- What to expect during and after surgery
- All necessary prescriptions
- Home health expectations (if any)
- Pre-operative clearance
- New medication uses and side effects
- When to call your physician for reportable signs and symptoms

Please contact our **nurse case manager** at **404-355-0743, ext. 1740**, between the hours of 8 am and 5 pm Monday through Friday if you have not heard from her one week prior to your surgery.



PREPARING for Surgery

Medical History and Health Status

To ensure that you receive the best care possible, POSC-P offers an easy, online questionnaire for you to complete at your convenience.

When you use **One Medical Passport** online, you help reduce long phone interviews and handwritten forms.



1

Start at our facility website: www.pocsurgerycenters.com
Choose "Peachtree Orthopedic Surgery Center at Perimeter"
Click on the link named "Pre-Registration"

2

Click the green **REGISTER** button

3

Complete each page and click **NEXT** to save and continue

4

When complete, click **FINISH** to securely send your information

If you need assistance, click the **HELP** link located on every page.



If you are not able to complete your history online, please call the nurse case manager at 404-355-0743, ext. 1740, to assist you with completing your history over the phone.



Preparing for Surgery: Pre-Surgical Checklist

1. One Medical Passport completed
2. Medication instruction pre-op: (Have you stopped your anti-inflammatory medications? Over-the-counter meds? Aspirin?)
3. Consents signed
4. Medical clearance from primary MD
5. Labs and EKG completed
6. Telephonic education class with CM
7. Pre-surgical office visit/counseling
8. Home health arranged (if needed)
9. Equipment delivered (walker/cane if needed)
10. Notified of surgical arrival time
11. Prescriptions filled (stool softeners and pain meds)
12. Home Preparation
 - a. Do you have a coach/family prepared to stay with you for 24 hours?
 - b. Are meals prepared?
 - c. Is your home modified? (i.e., throw rugs removed, pathways clear)
 - d. Pet care arranged?



Preparing for Surgery: Surgical Pre-Op Instructions

THE NIGHT BEFORE SURGERY

- Nothing to eat or drink after midnight the night before your surgery. This includes gum, candy, breath mints, water, ice, coffee, soda, juice and food.
- Pack your insurance card, photo ID and some form of payment (credit card, cash, check)
- Pack your walker in the car and bring it to the surgery center
- Wear loose fitting clothes. You will have a dressing on your operative leg and will need clothes that will fit comfortably over the leg.

THE MORNING OF SURGERY

- Leave all jewelry and valuables at home
- Brush your teeth, but try not to swallow any water
- Shower
- Take only the medications instructed by your physician or pre-anesthesia nurse with a small sip of water
- Arrive at scheduled time to the second floor. Make a left off the elevator, and enter the pre-surgical waiting room. Sign in.
- Bring a driver with you: Have them plan to stay with while you are at the Surgery Center. You will not be cleared for surgery if your driver is not present. This will assure that you have a ride home if your surgery is canceled for any reason
- You must have a responsible adult (18 years or over) **STAY WITH YOU AT HOME AFTER SURGERY UNTIL THE NEXT DAY.**
- On the day of your surgery, you will be asked to provide the Surgery Center personnel with the name of the individual that will be providing the above care. If you fail to provide that information, your surgery will be canceled.



PREPARING FOR SURGERY

- If you have asthma, bring your asthma inhaler
- Bring all medications that you take on a daily basis to the Surgery Center in their original bottles.
- If you have sleep apnea, bring your CPAP machine
- **DO NOT** wear contact lenses. Bring your glasses.
- **DO NOT** write on or shave the operative area prior to surgery. We will do that the day of surgery (if needed).
- **DO NOT** wear hairspray.
- **DO NOT** wear make-up or lotion

VISITING HOURS

Visiting hours are from **6 am to 8 pm.**

If you are planning on staying overnight, your caregiver will need to leave by 8 pm and return in the morning. Please have your caregiver arrive at 6 am the next day as **Discharge** will be strictly enforced at **6:30 am.**

PLEASE NOTE: Parking is \$6.00 per day



DAY OF SURGERY EXPECTATIONS

- At the Surgery Center, you will be met by one of our pre-op surgical nurses who will bring you to the pre-op waiting area. There you will don all pre-operative surgical attire including a gown, hat and socks.
- Your pre-op nurse will start an IV and prepare your operative site by scrubbing and shaving the operative area.
- You will meet with the anesthesiologist who will review your medical history. Be sure to tell them about any post-operative complications you may have had in the past including nausea and vomiting.
- Your surgeon will meet you and your family in the pre-op area and answer any last minute questions you may have.
- Once your surgery is complete, anesthesia will be reversed and you will transfer to the recovery room where you will meet your nurse. The nurse will monitor your vital signs and keep you comfortable. Medications for pain and nausea will be administered as needed.
- You will be in the recovery the room for a minimum of four hours post-op. Your family is welcome to come back and stay with you after you are fully awake. You will then meet with a physical therapist who will show you the proper way to transfer out of bed, walk and perform stairs.
- Once you are considered medically stable, are able to ambulate and have been able to use the toilet safely, you will be discharged to home. Your surgeon may discharge you home the same day or the following morning depending upon your individual needs.
- If your surgeon feels it is appropriate for you to stay the night in the Surgery Center, please consider bringing a laptop or book to help you pass the time. We do not have any TVs in our facility.



Discharge Instructions Checklist

1. Received surgeon's discharge instructions _____
2. Have all prescriptions (if not filled in pre-op) _____
3. Post-operative appointment scheduled _____
4. You have a responsible caregiver to take you home
and stay with you for 24 hours _____

AFTER YOUR SURGERY...

POST-OPERATIVE ACTIVITY

Walking

This is extremely important! It is your responsibility to walk. This is your job and your only form of exercise. Try to do so at least six times daily starting with five minutes at a time. You should gradually increase the duration of your walks as you advance further in your recovery. If you "overdo it" you will ache; just rest and trim back your time, but do not give up. No special exercises are necessary.

Restrictions

- Avoid heavy housework (bed making, vacuuming, laundry, etc.)
- If use of stairs is necessary, go slowly up and limit number of times you use the stairs.
- No twisting, bending, or lifting anything over 10 pounds
- Avoid sitting in chairs and sofas that are too low to the ground
- NO smoking. Avoid nicotine products
- Wear post-op brace/collar/corset as ordered by your surgeon



AT HOME (Page 1 of 3)

Managing Your Pain

Your surgeon will have specific instructions regarding pain management and medications. Most all patients go home taking a narcotic to help manage the pain. Please follow specific instructions on your prescription bottle regarding medication usage.

REMEMBER: If you have undergone a lumbar or cervical fusion surgery, you are not to take any arthritis medication (NSAIDS) or aspirin for at least three months after surgery. These include Motrin, Aleve, Advil, Ibuprofen, Naprosyn, Daypro, Celebrex, etc.

Preventing Infection

The most effective way to prevent infection is proper handwashing. Hand hygiene is the single most important method of controlling the spread of bacteria. Please wash your hands regularly using antibacterial soap and warm water.

Reportable Signs and Symptoms of Infection

IMPORTANT: If you develop any of these symptoms to your incision site after surgery, please call the office immediately:

- Fever greater than 101 with sweats or chills
- Increased pain to the incision site
- Increased drainage, redness, foul smell or swelling to the incision site
- Difficulty breathing
- Excessive swelling in the neck area

Also: Please call if you develop any pain or weakness to the arms or legs, have difficulty with urination, bowel movements or experience pain or numbness in the rectal, vaginal or scrotal area. For any chest pain, shortness of breath or respiratory difficulties, please call 911.

Post-Operative Nutrition

Eat lightly following the procedure (gelatin, liquids, soups). You may experience some nausea or vomiting. When the nausea subsides, drink plenty of fluids. Resume your normal diet the next day. No alcoholic beverages for 24 hours after surgery or while taking the pain medications. In order to heal without any complications and improve your strength and endurance, it is important to eat well and increase your protein intake.



AT HOME (Page 2 of 3)

Some Forms of Protein:

- Chicken/ fish/red meat
- Peanut butter/ almond butter
- Yogurt
- Eggs/egg whites
- Rice and beans (complete protein)

Preventing Constipation

Pain medications (narcotics) have a side effect of causing constipation. To prevent this, here are a few suggestions:

- Take an over-the-counter stool softener two times each day
- Increase your water intake
- Increase the fiber in your diet, i.e. raw fruits, vegetables, whole wheat, or try warming up six to eight ounces of prune juice in the morning.

Dressing Changes

Care of your dressing bandage will be determined by your own surgeon's instructions. Please refer to your discharge instructions regarding care of your dressing. As a general rule, dressings should be kept dry. Please do not shower until you have been instructed by your surgeon.

Dental/Other Surgical Instructions

If your surgery included the use of spinal implants (rods, plates, screws, etc.) be sure to inform any physician planning other surgery for you within the first twelve months following your spine surgery. This includes any dental surgery or dental cleaning. You may need to call your surgeon or primary care doctor for antibiotic coverage.

Driving

Your surgeon will notify you as to when you are able to begin driving. Do not drive while taking pain medications.

Smoking

Please stop smoking after your surgery. Smoking can limit blood flow to the surgical site and therefore slow the healing process. Please speak to your doctor regarding a nicotine patch or other smoking cessation product for post-op use if necessary.



AT HOME (Page 3 of 3)

FOLLOW-UP It is extremely important to keep your follow-up appointments with your surgeon to ensure that you have the best possible outcome. Please make sure you have all of your follow-up appointments scheduled.

CONGRATULATIONS! You have taken the first step in reclaiming your quality of life and reducing your pain.

REMEMBER: You are not sick! You are healthy. Get up and walk.

Take care of yourself. Eat properly, drink your fluids, take your medications as scheduled, wash your hands regularly and watch for early signs and symptoms of infection. You can call the office or the nurse case manager if you have any concerns or questions about your post-operative needs.

Be Patient. It can take a few months before you feel completely “back to normal.” Remember – this is a marathon, not a sprint!



IMPORTANT NUMBERS

Surgeon: _____

Primary MD: _____

Home Health: _____

Pharmacy: _____

Nurse Case Manager: 404-355-0743, ext. 1740

Surgery Center: 404-350-2450

In Case of Emergency: **CALL 911**





AREA RESTAURANTS

Clay's Sports Café

6518 Roswell Road
Atlanta, GA 30328
404-843-1233

CheeseBurger Bobby's

5975 Roswell Road
Atlanta, GA 30328
404-600-2484

Blue Moon Pizza

5610 Glenridge Drive
Sandy Springs, GA 30342
404-236-7200

Uncle Julio's

6115 Peachtree Dunwoody Road
Sandy Springs, GA 30328
678-736-8260

Mimo's Bistro Italian Restaurant

5775 Glendridge Drive
Sandy Springs, GA 30328
404-800-5155

Willy's Mexicana Grill

1100 Hammond Drive NE
Atlanta, GA 30328
770-512-0555

Sushi Nami Too

5610 Glenridge Drive
Sandy Springs, GA 30342
404-844-2891

Newk's Eatery

1181 Hammond Drive
Dunwoody, GA 30346
770-351-6811

AREA HOTELS

Comfort Suites Perimeter Center

6110 Peachtree Dunwoody Road, Atlanta, GA 30328 | 770-828-0330
www.choicehotels.com

Hyatt Place Atlanta/Buckhead

3242 Peachtree Road NW, Atlanta, GA 30305 | 404-869-6161
www.atlantabuckhead.place.hyatt.com

Residence Inn Atlanta Perimeter Center East

1901 Savoy Drive, Chamblee, GA 30341 | 770-455-4446 | www.marriott.com

Extended Stay America Atlanta - Perimeter - Peachtree Dunwoody

6330 Peachtree Dunwoody Road, Atlanta, GA 30328 | 770-379-0111
www.extendedstayamerica.com

Microtel Inn & Suites by Wyndham Atlanta/Perimeter Center

6280 Peachtree Dunwoody Road, Atlanta, GA 30328 | 678-781-4000
www.wyndhamhotels.com/microtel



A large, empty area for writing notes, consisting of a grid of horizontal lines. A single vertical green line runs down the left side of the page, separating a narrow margin from the main writing area.



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