

## BEAUMONT STTAR CLINIC

Surgical Testing and Teaching for an Accelerated Recovery

It is important to your surgeon that you attend the STTAR Clinic prior to your surgery. This includes pre-operative counseling, education, laboratory testing and health optimization.

### WHAT WILL HAPPEN AT THE STTAR CLINIC?

- You will be seen by a physician assistant (PA) or a registered nurse (RN) and other health care providers depending on what surgery you are going to have. Your STTAR Clinic PA will conduct a surgical history and will provide you with information about your upcoming surgery and answer any questions you have.
- Education regarding how to prepare for surgery, what to expect on the day of surgery and how to accelerate your recovery after surgery will be provided during your visit. You will also learn about pain management, activity goals and ways to avoid complications.
- The laboratory and diagnostic tests for your surgery may be completed in the clinic.

### WHEN DO I VISIT THE STTAR CLINIC?

You will be asked to call the STTAR Clinic registration office at 248-964-5012 to schedule an appointment to speak with a prescreening nurse about your upcoming surgery, as well as, an in person or TeleHealth visit with a STTAR Clinic practitioner. The nurse will review your surgical, medical and medication history with you during this phone call and arrange to send you valuable information for you to preview before meeting with a STTAR Clinic practitioner. Most STTAR Clinic appointments take 60 to 90 minutes in total.

### SHOULD A FRIEND OR FAMILY MEMBER ATTEND THE STTAR CLINIC VISIT WITH ME?

Yes. It is very important to have a “surgical coach” help you before and after surgery. A coach is a family member or friend who will accompany you to the clinic, motivate you in the weeks before the surgery and support you after the surgery. Like you, they too will learn what to expect from the recovery process.

*The STTAR Clinic is the first step on your journey to successful recovery. It is a way to engage patients and medical professionals together toward one common goal – a healthier you.*



**STTAR Clinic at  
Beaumont Hospital, Troy**  
44201 Dequindre Road, Troy, MI 48085  
Main entrance | Area D - surgical lounge  
**248-964-5012**