

## Frequently Asked Questions

**Q. How can I get a consultation or medical opinion from the Tarlov Cyst Institute?**

A. Contact our Nurse Navigator at 1-877-TARLOVS for assistance.

**Q. What additional tests may be needed before determining if I am a surgical candidate?**

A. Some patients need a dedicated MRI of the sacrum and/or flexion/extension X-rays of the lumbar spine to look for instability.

**Q. If I am a candidate for surgery, do I have to come in for an appointment before my surgery can be scheduled and make two trips?**

A. No. You may plan to travel to Kansas City the day before your scheduled office appointment for consultation. Surgery will already be scheduled and pre-arranged for the following day should you choose to proceed.

**Q. Do I have to notify my insurance company to get approval for my surgery?**

A. You will be precertified by our staff prior to scheduling surgery.

**Q. At what facility will the procedure be performed?**

A. Surgery is scheduled at Research Medical Center in Kansas City, Missouri.

**Q. How many days will I be in the hospital?**

A. Generally three to four days.

**Q. Can a family member stay with me in the hospital?**

A. Yes. Depending on availability, housing for your travel companion may be possible during your hospital stay.

**Q. How long will I need to stay in Kansas City after my surgery?**

A. For five to seven days.

**Q. How do I find out about local hotels?**

A. Go to Map, Directions & Parking on our Web site under Patients & Visitors, click on "Search nearby" on the Google map and type "hotels." If you don't see this option on the Google map, click on the red flag labeled "A" on the map itself.

**Q. What follow up is done after surgery?**

A. Patients are seen in the physician office prior to traveling back home. A follow-up phone call is placed at three weeks. Patients complete a symptom questionnaire and obtain an MRI at three months, six months and one year after surgery. Patients may call or e-mail at any time with questions or concerns they might have. For after-hour issues there is always a physician on call.