

WIGOD PLASTIC SURGERY PRE OPERATIVE COVID-19 TESTING

Call one of Primary Health's respiratory clinics and make an appointment. The test must be done 5-7 days before your surgery. The addresses and phone numbers are listed below. When you call, tell the scheduler that you need a pre-op COVID PCR for a procedure with Dr. Mark Wigod. If you have any problems, stop and call the office.

Insurances may not be covering these tests at 100% for patients without symptoms, so Primary Health will require a \$55 payment at the time of the visit for test costs. They will bill insurance and adjust accordingly. The result will then be faxed directly to Dr. Wigod. Continue your self-isolation in the meantime. See guidelines below.

Please let us know when you are scheduled and if you have questions or if any issues arise. We want to avoid cancellation.

<https://www.primaryhealth.com/coronavirus-covid-19>

Respiratory Clinics:

Garden City (5601 W. Chinden Blvd.): 208-809-2865

Nampa (700 Caldwell Blvd): 208-466-6567

Self-Isolation Guidelines

- Avoid leaving your home unless absolutely necessary.
- Wear a facemask when you leave your home.
- Ask for help completing tasks for which you would normally leave your home.
- Avoid visitors to your home.
- Avoid or minimize handling pets.
- Avoid touching your eyes, nose, and mouth. If you must, wash your hands before and afterwards.
- Wash your hands and cleanse personal and common areas frequently.
- Encourage those you live with to follow good hygiene practices as well.
- If possible, take your temperature daily; notify the office if it rises above 100.4 F.