

## *Preparing for your surgery*

### *In the week/s before surgery:*

- You should see your primary care provider to have a medical examination for clearance for surgery. This examination may include several types of tests, including blood work, urine sample, cardiogram, and a chest x-ray. Your Doctor will instruct you on your medication such as blood thinners and diabetic medications.
- A nurse will call you within 5-7 days of your scheduled procedure and will complete a pre-admission assessment including questions regarding your past surgeries, medications, immunizations, and your current health. If you have not received a call within this time frame please call 320-693-4557 between 7am and 5pm.
- If you are having a joint replacement you will be scheduled to meet with physical therapy, occupational therapy, and a nurse prior to your surgery.
- Make arrangements to have a responsible adult drive you home. If you are taking public transportation you will need a responsible adult to ride with you. Your case will be cancelled if you have not made arrangements for transportation.
- Do not shave around the surgical area 3 days prior to your scheduled procedure. The OR staff will do this if necessary.

### *The evening before your surgery:*

- Follow any special instructions from you doctor.
- Do not eat or drink anything after midnight unless instructed differently by your Doctor. This includes water, gum, hard candy, and mints.
- If you smoke, please do not smoke after 6pm.
- Bathe, this will help reduce the risk of infection.
- Do not shave the area of surgery. The OR staff will do this if necessary.

### *The morning of your surgery:*

- Do not eat or drink anything.
- Take only the medications you were instructed to take with a small sip of water.
- Do not wear make-up, nail polish, or hairspray.
- Wear your glasses and not contacts. If you only have contacts, bring a case for them to be placed in during surgery.
- Wear comfortable loose fitting clothes and shoes if you are an outpatient surgery.
- You can pack a bag if you are going to be staying at the hospital.
- Bring your insurance card, photo ID, a copy of your current medications, and advance medical directives if you have one.

#### *What to leave at home*

- Jewelry
- Money
- Medications, unless instructed otherwise.

#### *Arriving at the hospital:*

- Arrive 10 minutes prior to your scheduled time allowing for registration.
- You will be directed to the surgery waiting area.
- A nurse will come get you and bring you to your admitting room.
  - Your support person may come with you or stay in the waiting room.

#### *When you arrive in your room:*

- You will be asked to state your name, date of birth, and the procedure you are here for.
- You will be asked to change into a hospital gown.
- At this time your nurse will review your health information, your medications, and do a physical assessment including taking your blood pressure. The nurse will prep the skin as needed for the surgery.
- Additional blood work or urine may be collected at this time.

- An IV line will be established where fluids, anesthesia, and medications can be administered.
- Your nurse will start to teach you what to expect after surgery. Please feel free to ask questions.
- An anesthesia provider will come and see you. They will also review your health history and medications.
- The surgeon will also come see you to be sure you have no further questions.

*Going to the operating room:*

- Your support person will be asked to go to the family waiting area. They can access our free wireless internet during their time with us. They will be given updates during your procedure.

*Immediately after your surgery:*

- You will spend about 1 hour in the recovery room. You will be monitored closely as you awaken from the anesthesia.
- After this time you will be transferred to your original admitting room. (Or to the medical floor if you are going to be an inpatient)
- Your family may see you at this time.
- You will continue to recover for the next 1-3 hours.
- Your comfort is important to us, therefore you and your nurse will work together to get you comfortable as possible prior to going home
- You will be given something light to eat and drink.

*When you are ready to go home:*

- Your discharge instruction will be given to you both verbally and written. It is important that you understand your instructions. Having a support person with you when going over your instructions is helpful.
- You will be given the prescriptions your doctor wants you to take home.
- Your follow up appointment will be made for you.

