



Preparing for Surgery:

A PATIENT'S GUIDE

CRMC
CUYUNA REGIONAL
MEDICAL CENTER
Dedicated to You. Every Day.



SAFELY PREPARING FOR SURGERY

Your safety is our TOP priority! There are a few things YOU can do at home to help decrease the risk of complications after your surgery. You will receive more instruction about details as it relates to your surgery soon.

You will get a phone call from a nurse who will go through your health history, home medications, vitamins, and supplements, and let you know which medications you should keep taking and which ones you should hold until after your surgery.

DO NOT STOP any prescription medications without being told to do so.

GENERAL MEDICATION GUIDELINES



7 DAYS BEFORE SURGERY:

Continue ASPIRIN products used to treat cardiac (heart) and vascular (blood vessel) disease. Patients with a history of heart disease or stroke may benefit from continuing low dose aspirin therapy.

You may **continue** to take Tylenol (Acetaminophen) for pain as needed.

STOP taking any VITAMINS or SUPPLEMENTS.

2 DAYS BEFORE SURGERY:

STOP taking all anti-inflammatory medications including: ADVIL, IBUPROFEN, MOTRIN, ALEVE, INDOCIN, NAPROSYN, ANAPROX, CLINORIL, or MELOXICAM.

We ask you to stop these medications prior to surgery because they can increase your risk of bleeding following surgery.



Based on your situation, your providers may instruct you differently; always follow your provider's instructions!

SURGERY TIME

A staff member will contact you 1 business day before your surgery date to let you know what time you are to arrive.





For improved healing and better management of your anesthesia, we strongly recommend you stop smoking at least 24 hours prior to your surgery.

**PLEASE NOTE THAT CRMC IS
A TOBACCO FREE CAMPUS.**

PREVENTING INFECTION STARTS WITH YOU!

To help decrease the amount of bacteria on your skin:

Take a shower the night before and morning of your surgery using the soap that was recommended to you.

After your shower, dry your body with a fresh towel, dress in fresh laundered nightwear, and sleep on freshly laundered bedding. Do not put any lotions, powders, or perfumes on your skin after you have showered. Please do not sleep with pets the night prior to your procedure.



WHAT TO BRING WITH YOU

- ✓ This packet and any information you received about your procedure
- ✓ Health insurance cards
- ✓ Prescription cards
- ✓ Form of payment if co pay is required
- ✓ Photo ID
- ✓ Advanced directive if not already on file at CRMC
- ✓ Comfortable, loose fitting clothing
- ✓ Flat shoes
- ✓ Glasses, contact lense case, dentures, hearing aides
- ✓ CPAP machine
- ✓ Personal hygiene products
- ✓ Cane, crutches, walker
- ✓ Information on what HOME MEDICATIONS you take -- we will need to know when you took your last dose when you arrive on your procedure day
- ✓ If you have asthma, please bring your inhaler with you
- ✓ If you have an implanted stimulator of any kind, please bring your controller/remote



REMINDER

You are required to **BRING SOMEONE TO DRIVE YOU HOME** after your procedure. This is not only for YOUR safety, but for the safety of others on the road. This is the **LAW** and you may be arrested for Driving Under the Influence (DUI) if you drive after anesthesia or while taking opioid medications.

You also may **NOT** operate any motorized vehicles (i.e. ATV, snowmobile, machinery), equipment, sign any legal documents, etc. following anesthesia administration.

For your safety, we recommend having a responsible adult stay with you for up to 24 hours following your procedure.



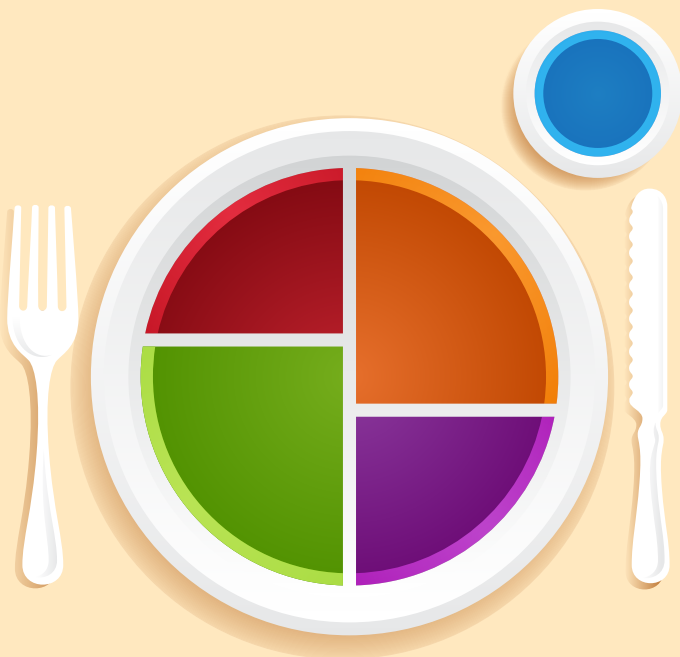


- Large amounts of cash
- Valuables (electronics, jewelry, etc.)

**THE HOSPITAL IS NOT RESPONSIBLE
FOR LOST OR DAMAGED VALUABLES**

DO NOT:

- Wear creams, lotions, or perfume
- Wear make up, nail polish or hair products



DIET

The DAY BEFORE YOUR PROCEDURE: Eat a light dinner.

PROCEDURE DAY: If you are having surgery in the morning (before noon), **Do NOT** eat or drink anything (including hard candy or gum), smoke, or chew tobacco after 12:00 a.m. midnight.

PROCEDURE DAY: If you are having surgery at 12:00 p.m. noon or later, **Do NOT** eat any food, hard candy, chew gum, chew tobacco, or smoke after 12:00 a.m. midnight. You **MAY** have nonalcoholic clear liquids (black coffee, juice, water - fluids you can see through) until 8:00 a.m. the morning of your surgery

NO red or purple colored items



Welcome

WHEN YOU ARRIVE AT CRMC

Arrive 15 minutes prior to your scheduled time

Park in the main parking lot

Go through the main entrance, keep walking straight towards the specialty clinic check in area

After you check in, staff will direct you to the surgery department waiting room on the lower level.

WHEN YOU ARE ADMITTED TO THE SURGERY DEPARTMENT, EXPECT THE FOLLOWING:

Your **vital signs** (heart rate, blood pressure, temperature, oxygen levels) will be obtained, along with your weight

Your **skin will be assessed** for any rashes, redness, cuts, or other abnormalities. If any abnormalities are present, your surgeon will be notified and your procedure may be postponed; such issues can increase your risk of infection or other complications

The nurses will review any **changes in your health** since your preOp clinic visits, including when you took your **last dose of your medications**

Any **lab work** that needs to be done prior to surgery will be completed

If you are a female between the ages of 10 and 55 who has not had a hysterectomy, you may be asked to consent to a **urine pregnancy test**. For some procedures, a pregnancy test may be **required** before your surgeon will proceed with your surgery.

An **intravenous line (IV)** will be started to give you fluids and medications during your surgery

You may receive **medications** before you go to surgery to help you with pain or nausea

Your physician will see you, answer any questions you may have, and make sure your **surgical consent** is signed

Your **anesthesia provider** will speak with you about what to expect and answer any questions you may have

WHAT TO EXPECT AFTER YOUR PROCEDURE

After your procedure, you will wake up in the recovery area. Because you may receive medications for pain and anxiety during your procedure, you may still feel "foggy" and tired for a while when you first wake up.

However, even though you receive medications, understand that after many procedures pain, nausea, or discomfort may be expected for a few days as your body heals. Our goal is to make sure the discomfort you experience is tolerable. Your provider will review expectations with you and talk with you about any prescriptions you may receive.

Don't forget about the "simple" ways to relieve discomfort that doesn't involve medicine: rest, ice packs, and heat packs can go a long way! We also offer aromatherapy that you can take home for pain, anxiety, and nausea if you are interested!





WHEN SHOULD YOU CALL US?

- If you have questions about anything related to your surgical procedure
- You do not have a driver or someone to stay with you after surgery
- If you have not received a phone call informing you how to safely prepare for your procedure or what time you are to arrive for your procedure

The following situations can increase your risk of an infection or complications, and we must know about them prior to your procedure:

- You are not feeling well
- You have a current infection or are taking antibiotics
- You become pregnant
- Any change in your health since your pre operative appointment with your provider
- You develop any rashes, redness, open wounds, cuts, scrapes, animal scratches

PHONE NUMBERS

If you have **not received a phone call informing you how to prepare for your procedure or what time you should arrive** on the day of your procedure by **2:00 p.m.** the day before your procedure, please call:

218-546-2375

If you are calling to cancel your procedure within 24 hours of your scheduled procedure time, please call:

218-546-2318

If you leave a voicemail after hours, staff will check it right away in the morning when the department opens. You may not hear back right away, but your message will be passed along and you should hear from CRMC within a few days.

If your procedure is **more than 24 hours away**, please contact your clinic department directly to let them know you need to reschedule or cancel:

Orthopedics: **866-362-1229**

Gynecology: **218-545-1049, option 1**

General Surgery/Podiatry: **218-545-1048**

Pain: **218-546-7000 ext 7452**

Urology: **320-259-1411**

Ear, Nose & Throat or Cosmetic: **218-454-3074**

Great River Eye Clinic: **800-952-3766**



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