

Preparing for Surgery

A PATIENT'S GUIDE




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 remind you 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.



Over-the-Counter Medication Guidelines

7 DAYS BEFORE SURGERY

If you take ASPIRIN or any other blood thinning medication, please discuss with your primary care provider when and if you should hold these medications prior to your procedure.

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


STOP taking any VITAMINS or SUPPLEMENTS.

Please note that Fish Oil, Omega-3 Supplements and Krill Oil need to be held two weeks prior to surgery.

4 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!

OTHER MEDICATIONS

Your provider will provide instructions for taking your prescription medications; if you haven't received them, please ask your provider.



Changes & Cancellations

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:

General Surgery: 218-545-1048

Podiatry: 218-545-1023

Orthopaedics: 866-362-0873

Spine: 218-545-1044

Urology: 218-545-1024

Ear, Nose, & Throat or Cosmetic: 218-454-8888

OB/GYN: 218-545-1049

The Day Before Surgery

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

If you have not received a phone call by 2:00 p.m. the day before your procedure, please call: **218-546-2375**

To cancel your procedure within 24 hours of your appointment, call **218-546-2318**, leave a message, and we'll get back to you the next business day.

Smoking

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.

When to Call

- 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
- If you have had recent changes to your health, such as:
 - 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

Infection Prevention Starts with You

To help decrease the risk of infection:

- 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, deodorants, or perfumes on your skin after you have showered.
- Please do not sleep with pets the night prior to your procedure.
- Please do not shave near surgical site for 7 days prior to your procedure.

On the Day: What to Bring

- 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 lens case, dentures, hearing aides with cases
- CPAP machine
- Personal hygiene products
- Cane, crutches, walker
- Phone charger
- 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 fully charged programmer
- If you wear a continuous glucose monitor, be prepared to remove it prior to surgery and bring a replacement if needed.



What to Leave Home

- Large amounts of cash
- Valuables (electronics, etc.)
- Jewelry (rings, watches, necklaces, piercings): Please inform staff if you can't remove them on the surgery day.



The hospital is not responsible for lost or damaged valuables

Getting Home




You **MUST HAVE A RESPONSIBLE INDIVIDUAL TO BRING YOU HOME.**

This is for your safety and others on the road. Driving after receiving sedation is **ILLEGAL**. Having someone with you guarantees post-discharge assistance. If using a ride share, taxi, or bus, you must have a responsible companion with you, besides the driver, or your procedure may be canceled or rescheduled.

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.

What to Eat (and what not to)

 Always follow any specific instructions that you were given by your surgeon or primary care provider.

DAY BEFORE SURGERY

Eat a light dinner.

DAY OF PROCEDURE

DO NOT eat or drink anything (including hard candy or gum), smoke, or chew tobacco after 12:00 a.m. midnight.

You **MAY** have clear, nonalcoholic liquids (black coffee, apple juice, Gatorade, water - fluids you can see through) until 2 hours prior to your arrival time.

- **NO** red or purple colored items
- Special circumstances and/or concerns will be addressed prior to your procedure.

Arriving for Your Surgery

- Please arrive 15 minutes prior to your scheduled time.
- Park in the main parking lot.
- Go through the main entrance, veer left towards the multi-specialty clinic check in area.
- After you check in, staff will direct you to the surgery department waiting room on the lower level.



Admission to Surgery

When you are admitted to surgery, you can 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
- Please know when you took your last dose of your medications.
- Any lab work, including urine test, that needs to be done prior to surgery will be completed in the preop area.
- 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 stay.
- You may receive pre-surgery medications to manage pain, nausea, and/or anxiety.
- 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.



Notes

After Your Procedure

- You will wake up in the recovery area. Due to procedure medications, you may initially feel groggy and tired.
- Even with medication, you might experience pain, nausea, or discomfort as you heal. We aim to keep your discomfort manageable. Your provider will discuss expectations and potential prescriptions.
- Consider non-medical ways to relieve discomfort like rest, ice packs, and heat packs. We also offer aromatherapy for pain, anxiety, and nausea.
- Your provider or nurse will explain post-operative instructions regarding diet, activity, medications, and follow-up appointments.
- Some medications may temporarily affect skin and urine color, but this will resolve over time.



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