

IMPORTANT INSTRUCTIONS

PLEASE REVIEW FOR
YOUR UPCOMING SURGERY

Welcome

Your safety is our number one priority. To ensure a safe comfortable surgical experience and prevent cancellation, please follow the guidelines outlined in this document as well as the instructions you receive from your surgeon and our Center.

IMPORTANT INFORMATION

PLEASE REVIEW AND FOLLOW ALL THESE IMPORTANT INSTRUCTIONS.

**FAILURE TO ADHERE TO YOUR ARRIVAL TIME AND ALL PROVIDED INSTRUCTIONS
MAY RESULT IN A DELAY OR CANCELLATION OF YOUR SURGERY**



BEFORE SURGERY - CHECKLIST

- ❑ Within 2 weeks prior to your surgery, you will receive a text/email notification to complete your health history and medication list online. Completing this as soon as possible after you receive this link will help our nurses prepare you for your surgery. Our nurses will review your health history and medication list and will only call you if they have questions or need to clarify information. If you have any questions or need assistance completing your online health history, please call our Health History Nurses at 320-229-3244, Monday through Friday, 8:00 am to 5:00 pm.
- ❑ Ask your surgeon if you need to schedule an appointment for your **History and Physical Exam** with your Primary Care or Internal Medicine physician/clinic. The exam must be performed within 30 days of surgery. **This appointment should be completed at least 1 week prior to surgery.** Discuss all current medications and supplements with the Physician.
*Please ensure this report is faxed to our center ASAP (855-456-0249).
** If you take Aspirin products or prescription anti-coagulants (blood thinners), please discuss a hold and resume plan with your doctor.
- ❑ Please continue to watch your email / text message for important instructions and messages related to your upcoming procedure.
- ❑ You will receive a text message / phone call from the scheduling department one business day prior to your procedure informing you of your arrival time and when you need to stop eating and drinking.
- ❑ With your safety in mind, please **DO NOT** eat anything within 8 hours of your arrival time for your surgery/procedure. This will prevent delays and possible cancellation of your surgery. You may take sips of water and/or Gatorade (or Propel/Powerade) **ONLY** up to 2 hours prior to your arrival.
- ❑ You must have a responsible adult to drive you home **AND** stay with you for 24 hours. Surgery **WILL** be canceled if you do not have a driver **AND** do not have someone to be with you 24 hours after surgery.
- ❑ Notify your surgeon before coming to the center if there is any change in your physical condition, such as a cold or fever, new rash / open sores.
- ❑ You may brush your teeth, remembering not to swallow anything. Refrain from the use of mints, chewing gum or cigarettes.
- ❑ Ensure **all** jewelry and piercings, especially those in the nose or mouth, can be removed prior to your surgery. Surgery may be canceled if jewelry cannot be removed.

DAY OF SURGERY - CHECKLIST

- ❑ Do not eat anything within 8 hours of arriving at the Center. You may drink water or Gatorade ONLY up to 2 hours before your arrival.
- ❑ Please bathe or shower prior to surgery. Remove all makeup. Do not use lotions or oils after bathing or hair styling products.
- ❑ Wear loose, comfortable clothing such as sweatpants and easy to-button shirts or blouses that are big enough to accommodate a large bandage after surgery. Wear comfortable shoes.
- ❑ Leave all valuables, including jewelry and cash, at home. We cannot be responsible for damaged or lost property.
- ❑ Bring all your regular medications with you on the day of surgery, both prescription and non-prescription.
- ❑ **Bring a photo ID and insurance card(s).** For auto claims and worker's compensation claims, you must have your claim number, address to submit claims, along with the adjuster's name and phone number. If you do not have your insurance information with you or your insurance is inactive, your account will be set to self-pay until we receive the insurance information from you. Setting the account to self-pay may result in you making a payment up front for your procedure. Any questions call our business office at 320-251-8385 ext. 2030.
- ❑ Your escort/family will be asked to wait in the waiting room while you are in surgery. The surgeon will speak with your escort immediately following surgery. If your escort leaves the building at any time during your surgery, they may miss speaking to your surgeon. Please have your escort check out at the front desk prior to leaving and upon returning to the building. Escorts for children must stay in the building.
- ❑ Cell phones are NOT allowed in the operating room.

AFTER SURGERY - CHECKLIST

- ❑ Before you leave the center, you will be given written instructions for your care at home.
- ❑ Once you are in a stable condition, you will be discharged. Most patients are discharged 1-5 hours after surgery. It is normal to experience sleepiness and dizziness for 12-24 hours after surgery.
- ❑ A nurse from our center will call you a few days after your surgery to check on your recovery and answer any additional questions you might have.
- ❑ Do not drive a car, smoke, drink alcoholic beverages, operate machinery or cook for 24 hours after surgery.
- ❑ If you have any questions or problems after surgery, please contact your surgeon or go to the nearest emergency room.

INTERPRETERS

If the patient and/or caregiver cannot read, speak English or uses sign language, an interpreter is preferred.

- ❑ Please inform the Center if an interpreter is needed by calling the Scheduling Department at 320-259-6535.

INSURANCE & BILLING

For insurance and billing information, visit our website at www.stcsurgicalcenter.com or call our business office at 320-251-8385 ext. 2030 or 1-800-349-7272 ext. 2030.

Interpreter Service: Free sign language and oral interpreters, TTYs, and other services are available through MARTTI.

Spanish: ATENCION: si habla espanol, tiene a su disposicion servicios gratuitos de asistencia linguistica. Pida asistencia de un empleado.

Somali: KA DIGTOONOW: Haddii aad ku hadasho somali, gargaarka and heli karto lacag la'aan. Fadlan weydiiso caawimaad ka xubin shaqaale ah.

St. Cloud Surgical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Thank you

We appreciate the trust you have placed in the staff at St. Cloud Surgical Center. We welcome any questions or comments you may have.

****Please remember to complete the patient survey after your visit.****