



Preparing for Surgery: A Patient's Guide

MIMIS
MINNESOTA INSTITUTE FOR
MINIMALLY INVASIVE SURGERY

Welcome to our state of the art surgery department. The following information is designed to help you prepare for surgery. If you have additional questions, please speak with your surgeon or a member of the surgery team.

7 days before surgery:

Medications

- Continue taking aspirin products used to treat cardiac and vascular disease. Patients with a history of heart disease or stroke may benefit from continuing with low dose aspirin therapy.
- Tylenol for pain may be taken, as directed.
- CRMC is a smoke free campus to promote our community's health.
- Thank you for your cooperation and anticipated support for our smoke free and tobacco free policy. If you would like assistance with becoming tobacco free please contact your primary care physician or call 218-546-2348 and our pre-operative educators will assist you.

2 days before surgery:

Medications

- Stop taking all anti-inflammatory medications including Advil, Ibuprofen, Motrin, Aleve, Indocin, Naprosyn, Anaprox, or Clinoril.

Schedule

- You will be contacted the morning before your procedure to confirm the time of your arrival to the surgery department. To arrange your surgeon's surgery schedule, it is necessary to assign the appointment times 24 hours prior to your surgical date. This will assist us in avoiding delays the day of your surgery.

The day before surgery:

Diet

- Eat breakfast and lunch as you would normally do so.
- Eat a light evening meal.
- For those having surgery in the morning, do not eat or drink anything after 12:00 a.m. midnight.
- For those having surgery in the afternoon, do not eat any solid food (including gum and candy) after 12:00 a.m. midnight. You may have clear liquids only until 8:00 a.m. the morning of your surgery.

Preventing infections starts with you.

- For your improved healing and management of your anesthetic, we require you to stop smoking 24 hours prior to your procedure. If you chew tobacco, discontinue at midnight.
- Take a shower the night before and day of your surgery using the Hibiclens soap (if this was provided to you) or an antibacterial liquid soap (such as Dial).
- After your shower, dry your body with a freshly laundered towel, dress in freshly laundered nightwear and sleep on freshly laundered bedding. Use freshly laundered items to reduce the chance of bacteria on the skin.
- Do not put any lotions, powders or perfumes on your skin after you have showered the night before until after your procedure.

Day of Surgery:

Pre-operative medication instructions for your procedure

- If you have diabetes and are on medication, take your medication as directed by your physician or the pre-operative nurse.
- If you are on asthma medication use it as directed and bring your inhaler with you.
- If you take blood thinners you may be required to stop these prior to the procedure. You will be instructed by your doctor or our pre op staff if certain medications need to be stopped. ***Please do not discontinue any blood thinning medications without instructions from staff ***
- Take the following medications with a sip of water:

What to bring with you to the hospital

- Wear comfortable, loose clothing and flat shoes.
- Bring clothing you will need if you stay overnight. This may include a robe and slippers.
- Bring your glasses and/or contact case.
- Bring your advanced medical directive, if you have one and it is not already on file at CRMC

- If you use a C-PAP machine please bring your unit with you.
- Bring your insurance and prescription card and a photo ID.
- **Be sure to arrange for a driver to bring you home**

What to leave at home

- Please on the day of surgery, do not wear makeup, lotion, powder, nail polish, perfume, jewelry, or body piercings.
- We encourage you to *leave* all valuables at home.
- Your physician may prescribe some medication at the time of discharge. Please be prepared to purchase your medication if prescribed.

When you arrive at the hospital

- Park in the main parking lot.
- Enter the hospital through the main entrance.
- Proceed to the registration area and check in.
- Proceed as directed to the surgical waiting area.
- Give the surgery paper work to the receptionist.
- Family members or friends can wait in this area during surgery. We provide a TV viewing area, internet Wi-Fi and coffee for their convenience during this waiting period.

After Surgery:

- When you leave the procedure room, you will be taken back to the pre op area or to the recovery room. If you go to the recovery room prior to the pre op area, you will be with the nursing staff until you are awake enough to go back to the pre-op area or to your inpatient room. Your family will be able to join you at that time. The amount of time you will spend in each area of your care varies by the type of procedure you are having. Family and friends will be kept informed. Do not hesitate to ask for updates.
- If you are having a same day surgical procedure, you will be able to leave the hospital when you are awake enough to assist in getting dressed and able to eat/drink a small

amount of food and/or liquid.

- You may feel weak, light-headed, and/or nauseated after surgery. For your safety, we recommend you have someone to care for you up to 24 hours after your procedure.
- Once you are home, it is very important for you to continue to recover by resting and following your surgeon's orders.
- For 24 hours after surgery, do not: drive a motorized vehicle, drink alcohol, sign legal documents, or make any major decisions.
- Be vigilant to prevent infection. Follow your Surgeon's orders for bathing and changing or removing your dressing. Always thoroughly wash your hands before touching your surgical site.
- If at any time you would like to speak with a doctor or nurse, please call the surgery department at 218-546-2318. After 4:30 p.m. and on weekends, call the Medical Center at 218-546-7000 or toll free at 888-487-6437 for assistance.

Any questions OR changes in your health prior to your procedure

- You may contact the pre-op education nurse at 218-546-2348 or toll free at 888-730-2348 between the hours of 8am-4:30pm Monday through Friday. After hours and on the weekends, call the Medical Center at 218-546-7000 or toll free at 888-487-6437 and ask to speak with the charge nurse. We are available anytime for your questions and would be happy to speak with you.

Cancellations

If for any reason you need to cancel you surgery please call 218-546-2318. You may leave a message.

*The Minnesota Institute for Minimally Invasive Surgery
is a service of Cuyuna Regional Medical Center on
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320 East Main Street Crosby, MN 56441 | (218) 546-7000 | www.cuyunamed.org