

Preparing for Surgery

Regions Hospital Surgery Center



Education Resources

Regions Hospital

640 Jackson Street

St. Paul, MN 55101

regionshospital.com

Welcome

Thank you for selecting Regions Hospital for your surgical care. The staff at Regions Hospital are committed to giving you a positive experience and great care.

Your Hospital Stay

- Same-day surgery.** You are admitted for surgery or a diagnostic procedure. You return home the same day.
- Morning (a.m.) admission.** You arrive at the hospital the morning of your surgery. After surgery, you are admitted to the hospital. How long you stay depends on the type of surgery you have and how your doctor thinks you are doing.
- Observation/Same-day extended recovery.** After surgery, you will have a short stay in the hospital. How long you stay depends on the type of surgery you have and how your doctor thinks you are doing.

Preparing for Surgery

Carefully preparing for your surgery is important. Preparation helps ensure the safest surgery and the best possible result. Follow the instructions in this booklet carefully. Contact your surgeon's clinic right away if you need to cancel your surgery. Before or after clinic hours or on Saturday and Sunday, call **651-254-5003**.

Up to 1 Month before Surgery

- **History and physical.** Within 30 days before your surgery, see a primary care clinician for a complete medical history and physical exam. Have your exam completed at least 1 week before your surgery. Please check with your surgeon's clinic to see where you should make an appointment. After the appointment, ask to have a copy of the results sent to the Regions Hospital Surgery Center. Our fax number is **952-883-9645**.
- **Questions.** If you have questions about your surgery, ask your surgeon. We want you to be fully informed. Please ask questions if you do not understand something.

Up to 1 Month before Surgery (continued)

- **Makeup and hair.**

- » If you wear eyelash extensions, plan to have them removed before your surgery date. This helps protect your eyes during surgery.
- » If you wear glue-in hair extensions, plan to have them removed before your surgery date. The glue in the extensions could contribute to a surgical fire.

2 Weeks before Surgery

- **Medication.**

- » Stop using all dietary supplements. These include fish oil, vitamin E and herbal supplements.
- » Stop using weight-loss medication, such as phentermine.
- » Talk with your primary care clinician if you take medication for diabetes.

1 Week before Surgery

- **Physical condition.** Contact your surgeon's clinic right away if you get a cold or fever or if you have a major change in the condition for which you are having surgery. Before or after clinic hours or on Saturday and Sunday, call **651-254-5003**.
- **Medication.** Continue taking all medications as your doctor directed. Check with your surgeon before taking medications that have aspirin or ibuprofen the week before surgery. Taking these medications can cause serious problems with blood clotting and anesthesia.
- **Personal arrangements.** Sometimes hospital stays and recovery at home take longer than expected.
 - » Many people find it helpful to have someone stay with them at home for 12 to 24 hours after surgery.
 - » You may also want to make arrangements for child care and pet care in case recovery takes longer than planned.



The Day before Surgery

- **Confirmation.** A nurse will contact you 1 to 2 days before surgery to confirm the time to arrive for your surgery and to answer your questions. **If you have any questions or concerns the day before your surgery, call us at 651-254-3404.**
- **Eating and drinking.** A nurse will call you 1 to 2 days before surgery with instructions on eating and drinking, based on your surgery time. **If you have food or liquid in your stomach when you arrive for surgery, your surgery will be canceled.**
- **Bathing.** Preparing your skin for surgery reduces the risk of infection. Take a bath or shower the night before **and** the morning of surgery using an antiseptic soap (such as Dial or the product your clinic gave you). Sleep on clean bedding and dress in clean clothes after bathing.
- **Hair.** Many hair products and hairpieces contain ingredients that can catch fire easily. Your safety is our first priority. Wash your hair the night before or the morning of surgery **using only shampoo and conditioner.**
 - » **Do not** use any other hair products after washing. This includes products such as hair spray, mousse and gels.
 - » **Do not** wear hair extensions.
 - » **Do not** wear wigs or hairpieces.

These products create a risk of fire during surgery. Your surgery may be canceled if you arrive with hair products. Please help us keep you safe.

- **No smoking or tobacco use.** Do not smoke or use chewing tobacco after midnight before your surgery. Not using these products helps reduce coughing and other smoking-related irritations after surgery.
- **Health Care Directive.** We will ask if you have a Health Care Directive. A Health Care Directive is a written form in which you state your choices for medical treatment if you cannot tell us yourself. You also may name the person who will make treatment

choices for you if you are not able to decide for yourself. A living will is an example of a Health Care Directive. If you have a Health Care Directive, bring a copy with you.

Day of Surgery

- **Medication.** If your doctor told you to take medication the day of your surgery, take the medication with a **small** sip of water.
- **No makeup.** Do not wear makeup, including eye makeup or false eyelashes, when you arrive for surgery.
- **Arrival.** Plan to arrive 1½ to 2 hours before your surgery time. Our nurse will contact you the day before surgery to confirm the time you should arrive. A member of our anesthesiology staff will review your medical history, assess your physical condition and decide on the anesthesia that is best for you.
- **Health insurance.** Bring your insurance card (or cards) with you. Most health insurance policies cover surgeries. You are responsible for checking with your health insurance company if you have questions about your benefits and coverage.
- **Surgical site marking.** Your safety is important to us. Depending on your procedure, the surgeon will mark your surgical site.
- **Family waiting area.** Family members may wait for you in the surgery waiting area. Your doctor will update them after surgery.
- **Personal belongings.** Bring a form of picture ID with you and a credit card to pay for any prescriptions you may need when you go home from surgery. Do not bring jewelry or large amounts of money. We will secure your belongings while you are in surgery.
- **Contacts and glasses.** If you wear contact lenses or glasses, bring the case. You will not be able to wear contacts or glasses into surgery.

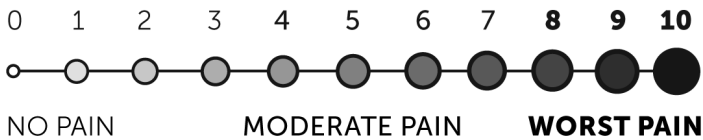
After Surgery

- **Recovery.** After surgery, we will take you to a recovery room. The nurses will watch you closely and make sure you are comfortable. How long you stay in the recovery room will



depend on the type of anesthesia you were given. **Be sure a staff member is with you when you first stand or walk in case you become dizzy.** The anesthetic used during surgery may slow your reactions.

- **Rating your pain.** We want you to feel as little pain as possible. We will ask you to rate your pain on a scale from 0 to 10, with 0 being no pain and 10 being the worst pain you have ever felt. We also will ask you to describe your pain with words such as *sharp*, *dull* or *burning* to help us know how your treatment is working. Please become familiar with the pain scale below before surgery.



- **Going home.** Your care team will decide when you are ready to go home. Your nurse will tell you how to take care of yourself at home and will give you written instructions.
- **Leaving the hospital.** If you are admitted to the hospital after surgery, your care team will let you know when you might expect to leave the hospital. This date may change depending on your progress and care plan.
- **Care arrangements.** Arrange to have someone drive you home and help you get inside. We recommend that someone stay with you during the first 12 hours of your recovery.
- **No driving.** Do not drive, under any circumstances, for at least 24 hours after surgery. Your surgeon may ask you not to drive until after your follow-up visit in the clinic.
- **Rest and eat lightly.** Plan to rest for at least 24 hours after your surgery. Eat lightly (small, easy to digest meals) and drink plenty of clear liquids. Do not drink alcoholic beverages for at least 24 hours after surgery.

Payment for Services

You likely will receive at least 2 separate bills for services. Below are phone numbers to call if you have questions about your bills.

Hospital Services

- Regions Hospital Patient Billing 651-254-4791

Doctor's Services

- HealthPartners Medical Group
Patient Accounting 651-265-1999
- University of Minnesota Physicians 763-782-6500

Radiology Services

- Midwest Radiology 651-767-1400

Anesthesia Services

- Twin Cities Anesthesia Associates 800-495-0127

Your Surgery

You are scheduled for _____

Surgeon: _____

Date: _____

Our nurse will contact you 1 to 2 days before surgery to confirm the time to arrive for your surgery and to answer your questions.

If you have questions about the surgery recommended for you, please contact your surgeon's clinic. We want you to be fully informed and have your questions answered.

Phone number for your surgeon's clinic: _____

Your Medical History and Physical Exam

- You are scheduled for your presurgery medical history and physical exam.

Doctor: _____

Clinic: _____

Date: _____

Time: _____

- Contact your primary care clinician to schedule a presurgery medical history and physical exam. Have the results sent to the Regions Hospital Surgery Center. Use the following address or fax number.

Regions Hospital Surgery Center

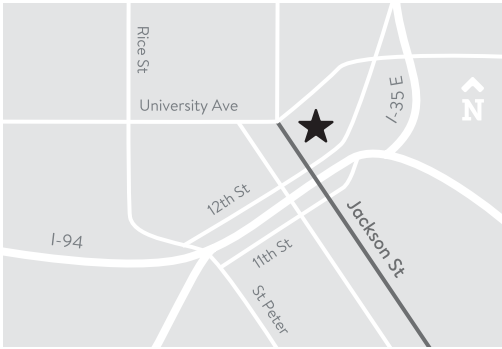
Mail Stop 11903A

640 Jackson Street

St. Paul, MN 55101

Fax: 952-883-9645

How to Get to Regions Hospital



Directions

Regions Hospital is conveniently located at the intersection of Jackson Street and University Avenue, just a few blocks from the State Capitol. We are near the junction of Interstates I-94 and 35E.

From the north: Take 35E southbound and exit on University Avenue. Turn right on University. Turn left on Jackson Street.

From the east: Take I-94 westbound to the 12th Street exit. Take an immediate right on Jackson Street.

From the west: Take I-94 eastbound to the Marion Street exit. Turn left on Marion, right on University Avenue and right on Jackson Street.

From the south:

- Take 35E northbound to the 11th Street exit. Turn left on Jackson Street; or,
- Take Highway 52 northbound to the I-94 westbound exit. Take I-94 to the 12th Street exit. Take an immediate right on Jackson Street.

For automated directions, call **651-254-2377**.

Parking

Please use the Regions Hospital Main/Emergency entrance and South underground parking ramp.

We offer a discounted parking rate for patients and guests. To get the reduced rate, bring your parking ticket with you into the building and ask the staff to stamp your ticket. You must have your ticket stamped to receive the lower rate. Our parking ramps accept cash, check and credit card.

Inside Regions Hospital

Guest Services staff are available at each hospital entrance to help you find your way or arrange for wheelchair transportation. From the Main Entrance and South Parking, take the South Parking elevators to the 1st floor and go to the South elevators. Take the South elevators to the 3rd floor and follow signs to the Surgery Waiting Area.

About Regions Hospital

Regions Hospital is a leading, full-service, private hospital providing outstanding medical care, with special programs in heart care, women's health, surgery, senior services, digestive care, cancer, behavioral health, burn care, and emergency and trauma services. Established in 1872, the hospital has served the Twin Cities and surrounding region for nearly 140 years. Patients receive state-of-the-art care in an environment that promotes comfort and healing. Regions Hospital is part of the HealthPartners family of care.



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