



Preparing for surgery

HealthPartners Same Day Surgery Center

Welcome to the HealthPartners Same Day Surgery Center. We offer convenient, high-quality care in a state-of-the-art outpatient surgical facility. The HealthPartners Same Day Surgery Center is operated by Regions Hospital, a member of the HealthPartners family of care.



About Your Procedure

With same day surgery, you are admitted to have surgery or a diagnostic procedure. You return home the same day.

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. See pages 8 and 9 for surgery clinics and their phone numbers.

Preparing for Surgery

It is very important to carefully prepare for your surgery. This is for your safety and to help you have the best possible result. Please follow instructions in this booklet carefully.

Up to One Month Before Surgery

- **History and physical:** Within 30 days before your surgery, you will need to see a doctor for a complete medical history and physical. Please check with your surgeon's office to see where you should make an appointment. After the appointment, ask to have a copy of the results sent to the HealthPartners Same Day Surgery Center. Our fax number is **952-883-9675**.
- **Questions:** If you have questions about your surgery, be sure to ask your surgeon. We want you to be fully informed. Please ask questions if you don't understand something.

One Week Before Surgery

- **Physical condition:** If your condition changes, contact your surgeon's clinic right away. Do this if you get a cold or fever or if you have a major change in the condition for which you are having surgery. If you cannot reach your surgeon's office, call us at **651-254-8080**.
- **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. These can cause serious problems with anesthesia and blood clotting. Stop using all herbal medications **two weeks** before surgery. This includes fish oil and Vitamin E. Consult with your primary doctor if you take diabetic medication.

The Day Before Surgery

- **Confirmation:** Our nurse will contact you 1-2 days before surgery. This is to confirm the time you should arrive for your surgery and answer your questions. **If you know you will not be available then, please call us at 651-254-8080.** We take calls Monday through Friday between 8:30 am and 5:00 pm.
- **No eating:** Young children and adults should not have milk, liquids or solid foods after midnight the day of their surgery. This includes chewing gum, hard candy and chewing tobacco. **If there is food or liquid in your stomach, your surgery will be canceled.** For infants age six months or less, consult with a nurse.
- **Medication:** If your doctor told you to take medication the day of your surgery, take it with a **small** sip of water. Check with your doctor before taking aspirin, ibuprofen or other medications that contain aspirin.
- **Bathing:** It is important to prepare your skin for surgery to reduce the risk of infection. You must take a bath or shower the night before **and** the morning of surgery. You must use a liquid antiseptic soap wash (such as Dial® or a product given to you by your clinic). Sleep on clean bedding and dress in clean clothes after bathing.
- **Hair:** Many hair products and hair pieces contain highly flammable products. Your safety is our first priority. That's why we require that you 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 hair spray, mousse, gels, etc.
DO NOT wear hair extensions.
DO NOT wear wigs or hair pieces.

Because these products are highly flammable, they 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 makeup:** Do not wear makeup, especially eye makeup, when you come for your surgery. Your eyes could be injured from mascara flakes falling into them.
- **No smoking:** Do not smoke or use chewing tobacco after midnight before your surgery. This helps reduce coughing and other irritations after surgery.
- **Advance directive:** We'll ask you if you have an advance directive. This is a written form in which you state your choices for medical treatment if you cannot tell us yourself. You may also name who will make treatment choices for you if you are not able to decide for yourself. A living will is an example of an advance directive. If you have an advance directive, please bring a copy with you.
- **Personal arrangements:** Sometimes surgical stays or recovery at home take longer than expected. You may want to make arrangements for child care, pets, etc. in case things take longer than planned.

Day of Surgery

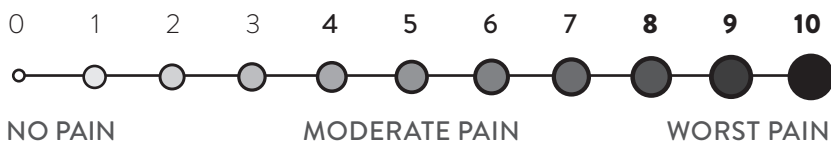
- **Medication:** If your doctor told you to take medication the day of your surgery, do so with a small sip of water.
- **Arrival:** Arrive 90 minutes before your surgery time. A nurse and member of our anesthesiology staff will review your medical history, assess your physical condition and decide on the anesthesia that's best for you.

- **Health insurance:** Bring your insurance card(s) with you. Most insurance policies cover surgeries. You are responsible for checking with your insurance company if you have questions about your coverage.
- **Copay:** If your insurance requires a copay for surgery, we will ask for this when you arrive.
- **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:** Do not bring jewelry or large amounts of money. Your belongings will be secured while you are in surgery.
- **Contacts and eyeglasses:** If you wear contact lenses or glasses, please bring the case. You will not be able to wear contacts or glasses into surgery.

After Surgery

- **Recovery:** After surgery we'll take you to a recovery room. The nurses will watch you closely and make sure you are comfortable. How long you stay there 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. To help speed your recovery, we will ask you to rate your pain from zero to ten. Zero (0) means no pain. Ten (10) means the worst pain you've ever felt. We will also ask you to describe your pain with words like sharp, dull or burning. This will help us know how your treatment is working. Our goal is to have your pain at a level that is tolerable to you before you go home. Please become familiar with the pain scale below before your surgery.



- **Going home:** Your nurse and anesthesiologist will decide when you are ready to go home. Your nurse will tell you how to take care of yourself at home, and give you written instructions. The nurse will answer your questions.
- **Care arrangements:** You must arrange to have someone drive you home, help you get inside and stay with you during the first 24 hours after surgery.
- **No driving:** You may not drive, under any circumstances, for at least 24 hours after surgery. Your surgeon may ask you not to drive until after you are seen in the clinic for your follow-up visit.
- **Rest and eat lightly:** Plan to rest for at least 24 hours after your surgery. Eat lightly and do not drink alcoholic beverages for at least 24 hours after surgery. Drink plenty of clear liquids after your surgery.

Payment for Services

You will probably get at least two separate bills for services. Here are the numbers to call if you have questions about your bill.

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:

- St. Paul 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 1-2 days before surgery. This is to confirm the time you should arrive for your surgery and answer your questions.

Please plan to arrive 90 minutes before your scheduled surgery time.

To confirm the date and time of your surgery, call **651-254-8080**.

Your Medical History and Physical

You are scheduled for your preop medical history and physical.

Doctor: _____

Clinic: _____

Date: _____

Time: _____

You will contact your personal doctor to schedule a preop history and physical. You will have the results sent to the HealthPartners Same Day Surgery Center:

HealthPartners Same Day Surgery Center

435 Phalen Boulevard

St. Paul, MN 55130

Fax: **952-883-9675**

If you have questions about the surgical procedure that has been recommended for you, please contact your surgeon’s clinic. We want you to be fully informed and have your questions answered.

Cosmetic & Plastic Surgeons

- Woodbury 651-255-7777

Ear, Nose & Throat (ENT) and Head & Neck Surgery

- HealthPartners Specialty Center 401. 651-254-8550
- Como. 651-254-8550

Eye

- Arden Woods (in Arden Hills) 651-523-8400
- Bloomington. 952-886-7042
- Como. 651-632-8998
- Health Specialty Center 401. 651-254-7500
- West. 952-541-2577
- Woodbury Eye and Dental. 651-702-5873

Foot & Ankle Surgery

- Anoka 651-254-8380
- Bloomington. 651-254-8380
- HealthPartners Specialty Center 435 651-254-8380
- Inver Grove Heights 651-254-8380
- Riverside 651-254-8380
- West. 651-254-8380

General & Vascular Surgery

- Amery 715-268-8000
- Brooklyn Center 651-254-7980
- Como. 651-254-7980
- Coon Rapids. 651-254-7980
- HealthPartners Specialty Center 401. 651-254-7980
- Hudson 715-531-6707
- Regions Specialty Clinic. 651-254-7980
- Riverside 651-254-7980
- West. 651-254-7980

Interventional Pain Management

- HealthPartners Specialty Center 401. 651-254-7772

Neurosurgery & Spine

- HealthPartners Neuroscience Center 651-495-6600

Obstetrics & Gynecology

- Bloomington. 952-886-7025
- Brooklyn Center 763-503-4400
- Coon Rapids. 763-587-9000
- Elk River 763-587-4800
- Health Center for Women. 651-254-3500
- Riverside 612-341-4900
- Roseville 651-636-4525
- St. Paul 651-293-8176
- West. 952-541-2544
- White Bear Lake 651-653-2100
- Woodbury. 651-702-5348

Orthopedics & Sports Medicine

- HealthPartners Specialty Center 435 651-254-8300

Physical Medicine & Rehabilitation

- HealthPartners Specialty Center 401. 651-254-7760

Plastic & Hand Surgery

- HealthPartners Specialty Center 401. 651-254-8290
- Riverside 612-341-5000

Urogynecology

- HealthPartners Specialty Center 435 651-254-8500
- St. Paul 651-254-0200

Urology

- HealthPartners Specialty Center 435 651-254-8500
- Woodbury. 651-254-8500



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