

My Outpatient Surgery Procedure

PREPARING FOR PROCEDURE

- You will be called the day before your scheduled procedure with an arrival time and instructions.
- Your preoperative exam must be completed within 30 days of surgery.
- A nurse will call to review your health history and discuss the procedure. Medications will be reviewed, and they will advise which ones to take before and after your procedure.
- One week before your procedure. Stop taking any multivitamins, oil capsules, fish oil, medicines with iron, or over-the-counter blood thinning pain relievers such as aspirin, excedrin, ibuprofen (advil), and naproxen (aleve). Unless otherwise instructed by your provider. You may continue to take Acetaminophen (Tylenol).
- GLP-1 Agonists and Blood Thinners: Discuss holding recommendations with your provider at your preoperative appointment.
- Diabetes: Provider will instruct you on medications or insulin at your preoperative appointment.

DAY OF YOUR SURGERY

- Bring items you need, such as cane, crutches, walker, contact lenses or hearing aids.
- Do not eat, drink, smoke, use chewing tobacco, chew gum or eat hard candies after midnight.
- Take medications with a small sip of water.
- Shower or bathe using an antibacterial soap, like Dial, the night before or morning of your procedure.
- Do not apply lotions, powders, or creams to your skin.
- Remove all jewelry and piercings.
- Wear loose-fitting, comfortable clothing.
- Bring insurance information.
- Leave unnecessary items at home. We will have a locked area for required belongings.
- You must have a driver, or someone to accompany you on public transportation, as you will not be able to drive the rest of the day following your procedure.
- There may be delays due to unplanned emergencies.

BEFORE GOING INTO SURGERY

- Enter through the Emergency Room entrance and check in at the desk.
- A nurse will escort you to your room.
- You will change into a patient gown and be given a wrist band and asked to verify your name and date of birth.
- Medication history will be reviewed and an IV for anesthesia or fluids will be placed in your hand or arm.
- Your nurse may clip hair to prepare the area for your procedure.
- Your surgeon will explain the procedure, mark the area to be operated on, and answer any questions.
- An anesthesia provider will discuss their role and answer questions.
- Remove dentures, partials or plates. Remove hearing aides, wigs or hairpieces, contact lenses, glasses, jewelry and piercings.

OPERATING ROOM

- You will meet the operating room staff that will care for you.
- Nurse and Anesthesia provider will set up equipment to monitor your heart, breathing and blood pressure.
- To prevent infection, staff will wash and prep your skin.
- Anesthesia will be administered, and anesthesia staff will monitor you during surgery. Other staff will be present to assist.

AFTER SURGERY

- You will recover in your room and staff will monitor your blood pressure, heart rate, breathing and pain level until you are fully awake. This usually takes about 30-45 minutes.
- Your mouth may be dry. Water will be given when you are more awake or your doctor orders it. Warm blankets will be provided if you are cool.
- The incision area of your surgery may hurt which is normal. Staff will ask you often about your pain. Please communicate if you are uncomfortable.
- You may be allowed to go home the same day, when discharge criteria is met.
- Staff will inform you and your support person of your discharge plans, will review instructions and answer any questions.
- Anticipate that you may have lifting restrictions and possible work restrictions following your surgery. Your surgeon will discuss these with you.

THINGS TO KNOW



An adult must accompany you. After your procedure, you will be observed until you are alert enough to leave with a friend or family member who can help you as you are discharged.



Arrange for transportation home. Someone will need to drive you home after your procedure. Or, if you plan to use public transportation, you must have an adult accompany you on the bus.



Where to park. Astera Health is located at 421 11th St. NW in Wadena. Please park in the Emergency parking lot and enter through the Emergency door.



If you are sick the day before your procedure. If you have a cold, fever, cough, runny nose, sore throat or vomiting the day before your procedure, please call **218-631-7581**. For your safety, we may need to reschedule your procedure.



Remember. Do not eat, drink, smoke, use chewing tobacco, chew gum, or eat hard candies after midnight.



We're always here to help. If you have questions or concerns about your procedure, please call **218-631-7581**.

If you have questions, concerns or problems arise prior to your arrival, please call: **(218) 631-7557**