

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**

Shoulder Arthroscopy

DAY OF YOUR SURGERY

- During the procedure, you were given medication to make you sleep and to help with pain. The effects of these medications can last for up to 24 hours, so it is very important that you follow the guidelines recommended for your safety.
- You may feel nauseated, tired, weak, or dizzy and your reaction time will be slower. This is common, get up slowly, ask for help when walking, wear your eyeglasses, and use your assistive devices such as cane, walker or crutches.
- You may be drowsy and tired the rest of the day. Do not return to work. Stay at home, plan to lie down and nap.
- Because of these effects, for the first 24 hours after your procedure:
 - » Do not drive
 - » Do not use heavy equipment or power tools
 - » Do not make important decisions or sign legal papers
 - » Do not drink any alcoholic beverages, or take any sleeping pills or medications that may cause drowsiness (like Benadryl, also called diphenhydramine)
 - » Avoid dangerous activities including bicycling, swimming, or working at heights.
- Have someone stay with you at home; he or she can watch for problems and help you stay safe.
- Activity as tolerated with shoulder immobilizer/sling on per surgeons' discretion.
- Ice affected area as needed for 24-48 hours post-op.
- No lifting with surgical arm until directed by surgeon.

HOW DO I CARE FOR MY INCISION AT HOME

- Do not remove dressing for 4 days.
- Ok to shower daily, but no tub baths or hot tubs until day 5.
- May apply bandage to the wound and change daily starting day 4.
- If no drainage is noted from incision, then it does not need to be covered.
- Observe the wound daily, checking for any changes that may be concerning such as redness, change in drainage, swelling, and/or increasing pain.
- You must wash your hands thoroughly before and after touching your surgical wound or bandage. Anyone else who touches your wound needs to wash their hands too, this is for your protection.
- Contact your physician immediately if any changes are noted that are concerning.
- Some discomfort and swelling are normal after surgery. If your pain worsens or doesn't improve with prescribed medication, contact your orthopedic provider.



If you have any questions, contact:

Kayla Januszewski, RN
Orthopedic Program Coordinator **(218) 632-8162**

Orthopedic Scheduling **(218) 631-7579**

Rehabilitation **(218) 631-7475**

ADDITIONAL CARE INSTRUCTIONS

- Avoid smoking or vaping, as quitting benefits your physical and mental health. Smoking slows healing by reducing blood flow, increasing the risk of infection. Stopping tobacco use can speed up your recovery after surgery.
- Pain medication is important to start taking prior to the medication wearing off from surgery.
- Sleep is essential for healing. If discomfort makes it hard to sleep in bed, try a semi-reclined position to reduce pain and swelling. Using extra pillows for support can also improve sleep quality.
- Proper nutrition and hydration are key to healing and recovery. They help your body heal, transport nutrients, regulate temperature, and lubricate joints. Drink plenty of water to stay hydrated and avoid caffeine and alcohol, as they can cause dehydration.
- An orthopedic nurse will attempt to call you within 1-2 days after surgery to check on your condition. After hours, you may call Astera Health at 218-631-7470 with any questions or concerns.
- Follow-up with post-op appointment.
- The rehabilitation department will be calling to get you setup for therapy. Therapy is an important key in the healing process to returning to your life prior to your injury.
- Rehabilitation starts after the injury for some patients and continues post operatively.
- The goal is to reduce pain, swelling, restore your shoulder's full range of motion, and strengthen muscles.
- Your rehab plan is personalized to your needs and progress. Staying consistent and following it closely is key to the best recovery.