

SURGERY INFORMATION ANESTHESIA SERVICES

Blaine Orthopedic Surgery Center

11225 Ulysses Street

Suite 300

Blaine, MN 55434

P: 763-302-2200

BlaineOrthopedicSurgeryCenter.com

SURGERY INFORMATION

Patient: _____

Surgeon: _____

Procedure: _____

IMPORTANT DATES AND TIMES

Date of Surgery: _____ AM: _____ PM: _____

*Actual Arrival Time: _____

Date of Post-Op Appointment: _____

***Please Note:** The surgery center will call 2-3 days prior to your surgery date to give exact arrival time.

Eating and Drinking Times

<u>Time</u>	<u>Allowed</u>	<u>Items</u>
Midnight	No	Foods, nutrition shakes, pulp-rich juices, dairy products, coffee creamer, alcohol, tobacco products
Midnight	Yes	Water, coffee (black), Gatorade, Pedialyte, apple or grape juice
—	No	Prohibited within 2 hours of arrival time: Liquids, food, gum, candy, mints

Pre-Surgery Checklist (30 days prior to surgery)

- Please call your insurance company to confirm your financial responsibilities for the surgery.
- Schedule an appointment for your history and physical with your primary care physician, within 30 days of your surgery. Please have it faxed *at least* 7-10 days prior to your scheduled surgery date.
MEDICATIONS: Discuss all medications/supplements you currently take with your family physician. IF YOU CURRENTLY TAKE ANY ANTICOAGULATION MEDICATION (BLOOD THINNERS) OR ASPIRIN, TALK TO THE PRESCRIBING DOCTOR about dosing before and after your surgery.
- Complete your online pre-surgical medical history. **This is to be done in addition to your preoperative physical.**
You will receive an invite via text or email from One Medical Passport.
Complete the registration and medical history screens, click Finish to submit your Medical passport to our facility.
If you need help with this process, please use the help link on the left side of the screens or call 763-302-2250 for assistance.

Pre-Surgery Checklist (7 days prior to surgery)

- Arrange a ride to and from the surgery center. You will NOT be allowed to use a cab, walk or drive yourself home. Your driver must be at least 18 years of age. We request that a responsible adult stay at the surgery center for the entirety of your procedure. If they are unable to stay, they must be **IMMEDIATELY** available after your surgery is completed. They will be receiving your discharge instructions.
- For your safety, identify who will be the caregiver staying with you for 24 hours after surgery.
- If you develop a sore throat, fever, cold or infection please call the surgery center.

Pre-Surgery Checklist (24 hours prior to surgery)

- Please remove any nail polish or artificial nails.
- Follow instructions for stopping all food, drink and tobacco products, provided by the preoperative nurse phone call (the surgery center will call 48-72 hours prior to your surgery date). You can write this information on the cover of this folder under the IMPORTANT section.

Pre-Surgery Checklist (day of surgery)

- If you wear contact lenses or glasses, bring your case.
- Please follow the plan for medication dosing as instructed by your primary care physician.
- Wear your hearing aids, if applicable.
- Bring your inhaler, if applicable.
- Wear large, loose fitting clothing that you can easily take off and put on before and after your surgery. You may need to cover large bandages, slings or a cast. Be sure your clothing will accommodate your surgical dressing.
- Bring your I.D. and Insurance Card(s). Please leave all other valuables at home (Jewelry, purses, etc..) If you are being seen at Blaine Orthopedic Surgery Center, prepare to drop your prescriptions off at a pharmacy on the way home. Blaine Surgery Center does not have an on-site pharmacy and our physicians are unable to call in or fax any prescriptions.
- Bring CPAP machine, if applicable.
- Bring any durable medical equipment (crutches, boots, slings, etc.) that you may have received at your clinic appointment.

IMPORTANT



Please refrain from using alcohol or tobacco products 24 hours prior to your surgery.

Failure to comply with appropriate arrival times and all provided instructions may result in a delay or cancellation of your surgery.