

SURGERY INFORMATION ANESTHESIA SERVICES

Blaine Orthopedic Surgery Center

11225 Ulysses Street NE

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-days prior to your surgery date to give exact arrival time.

Eating and Drinking Restrictions - Your procedure will be re-scheduled to another date if not followed

Allowed Up Until 8-Hours Prior to Check-In:

- Food, meal replacement or protein shakes, or pulp-rich juices (orange, greens, tomato, mango, V-8)
- Coffee with milk, creamer, or other lighteners
- Dairy products to include milk, cream, yogurt, smoothies

Allowed Up Until 2-Hours Prior to Check-In:

- Clear liquids to include water, Gatorade, Pedialyte, black coffee, tea, clear fruit juices (apple, cranberry, grape), popsicles, JELL-O, and clear chicken broth

**Do not consume anything by mouth to include candy, gum,
or mints, within 2-hours prior to check-in!**

Pre-Surgery Checklist (30 days prior to surgery)

- Schedule an appointment for your **History and Physical Exam** with your Primary Care or Internal Medicine Physician. The exam must be performed within 30-days of surgery. Discuss all current medications and supplements with the Physician. **Please ensure this report is faxed to our center at (763) 302-2251.**

** If you take Aspirin products or prescription anti-coagulants, please discuss a hold and resume plan.

- Complete an online medical history assessment. This must be completed in addition to the history and physical exam. You will receive an invite via text or email from **One Medical Passport**. If you need help with this process, please use the help link on the left side of the screen 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 immediately.

Pre-Surgery Checklist (24 hours prior to surgery)

- Follow instruction for stopping all food, drink and tobacco products.
- Take the first of two pre-operative showers using Hibiclens or other anti-bacterial soap. See separate postcard "Pre-operative Shower Guide" for further instructions.

Pre-Surgery Checklist (day of surgery)

- Take the second pre-operative shower using Hibiclens or other anti-bacterial soap, following the same instructions as the first. Afterward, dry with a clean towel and put on clean clothing. Avoid applying lotions, powders, fragrance and hair products.
- If you wear contact lenses or glasses, you will be asked to remove them before surgery. Please 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..)
- Prepare to drop your prescriptions off at a pharmacy on the way home. Blaine Surgery Center does not have an on-site pharmacy. Regulations do not allow us to call in or fax prescriptions for controlled substances.
- Bring any durable medical equipment (crutches, boots, slings, etc.) that you may have received at your clinic appointment. Bring CPAP machine, if applicable.

IMPORTANT INFORMATION



Please refrain from using alcohol or tobacco products including vaping within 24-hours prior to your surgery.

Failure to adhere to your arrival time and all provided instructions may result in a delay or cancellation of your surgery.