

PREPARING FOR SURGERY



CENTRACARE Health

Welcome

At CentraCare Health, we take pride in providing a safe and personalized surgical experience. You can feel certain in the care you will receive. We are committed to exceptional quality care, advanced technology and an extraordinary patient experience.

Your surgery is located at: _____

Please arrive by: _____

Your surgeon is: _____

Your surgeon's telephone number is: _____

*“The staff members were excellent.
Everyone was very helpful and friendly.
They all seemed like they enjoyed their jobs.
I felt like I was the most important person there.
They made the day less stressful!”*

~Former surgery patient



Preparing for surgery

Pre-admission phone call

You will receive a call(s) from us before surgery to:

- Tell you what time to come.
- Give you fasting instructions.
- Assess special needs.
- Review current medications.
- Help plan any care needed after surgery.
- Answer questions.

Pre-operative physical

You may need to schedule a pre-operative physical within 30 days of your surgery. You also may want to tell any specialists you see of your coming surgery. If you take any medicine, ask your doctor(s) if you should take them the day of surgery.

Food and drink guidelines

Please follow the instructions below for eating and drinking before surgery. It will prevent delays and possibly cancellation of your surgery.

For infants and children up to 12 years of age:

- Water - permitted up to three hours before arrival
- Breast milk - permitted up to four hours before arrival
- Formula and other liquids - permitted up to six hours before arrival
- Solid food - permitted up to eight hours before arrival

For adults and children 12 years of age and older:

- Solid food and liquids (including water) - none after midnight the night before your surgery
- May have sips of water to take with medicine as instructed

Other guidelines:

- Do not smoke after midnight or drink alcohol 24 hours before surgery.
- Do not chew gum or suck on candy after midnight the night before your surgery.

Day of surgery

Helpful hints

- Tell your surgeon if you have a cold, flu or high temperature the day before your surgery.
- Talk to your surgeon if you are taking: aspirin, Advil, ibuprofen, Motrin or other anti-inflammatory medications. You may take Tylenol. If you take aspirin for your heart or any blood-thinning medicine, let us know.
- If you take a beta blocker medicine, ask about taking it the morning of your surgery.
- If you have diabetes, let us know if you take insulin or medicine by mouth.
- If you take any vitamin or herbal or mineral supplements, please let us know.
- Take a shower or bath the morning of surgery. You may receive further instructions for cleansing.
- Do not shave the surgical site.
- Remove makeup and nail polish, and do not use hair products.

Items to bring

- Health plan information, photo ID and Medicare or Medical Assistance cards with numbers and addresses
- ID card for your pacemaker, implanted cardiac defibrillator (ICD) and/or cardiac resynchronization therapy (CRT) devices, if applicable. Pacemakers should be checked within 12 months of surgery and ICDs and CRTs within six months of surgery.
- Medication list, noting when you last took them. We may request you bring in your routine medications.
- CPAP or BiPAP machine
- Comfortable, loose-fitting clothing that will fit over surgery dressings
- Eyeglass case or contact supplies
- If staying overnight, toiletries and other personal items

Leave at home

- Valuables: Money, credit cards, jewelry, body piercings, etc.



Arrival

Please arrive at the time noted during your pre-admission phone call. Upon arrival, we will complete the admission process. Our staff members will treat you and your family with dignity and respect at all times.

You will change into a surgical gown and slippers. We will take your height, weight, temperature, blood pressure, pulse and respirations before surgery. A nurse will review your health history. Family members or friends may accompany you at any time during this process, as you desire. We will direct them to a nearby waiting room when your surgery starts.

Anesthesia

We will talk to you about the plan for anesthesia and answer questions. Anesthesia is the medicine that puts you to sleep before surgery. When it is time for surgery, we will escort you to the operating room.

After surgery

Recovery room

After surgery, we will take you to the recovery room. You will be closely monitored by a nurse. When you are ready, you will be reunited with your family and friends. You will rest in a comfortable recliner and receive something to eat and drink.

Managing your pain

Pain after surgery is normal. To help speed your recovery, we will assess and monitor you for pain. Our goal is for you to be satisfied with your pain relief before you go home.

Discharge

A nurse will monitor your physical readiness for home. Most patients are ready for discharge one to three hours after surgery. However, each patient is different. We will personalize your care to meet your needs.

Our top priorities are that you are safe and understand the follow-up care you will need after you leave our facility. We will provide you with both verbal and written instructions about caring for yourself at home and answer any questions you may have.

Care at home

Arrange for an adult to drive and be with you for 24 hours after surgery.

Not having supervision may cancel your surgery. We do not allow discharged patients to go home on public transportation, including bus or taxi.

You may feel light-headed and sleepy for several hours after surgery.

Drink plenty of clear liquids (water or juice) after your surgery.

For your safety, do not operate a motor vehicle or machinery, drink alcohol or take medicine not prescribed by your doctor for at least 24 hours after your surgery. If you have small children, you may want someone to care for them.

Remember, pets can carry germs. Keep pets away from your incision, even if the incision is covered with a dressing.

A nurse will call you after surgery to check on your progress and answer questions. Please call your doctor for:

- Increased pain, swelling, redness or warmth around the incision
- Drainage of pus from the incision
- Fever greater than 100.5 degrees Fahrenheit



*To me, good health is more than just exercise and diet.
It's really a point of view and a mental attitude you have
about yourself.*

~Albert Schweitzer

Insurance, billing & financial arrangements

You may get separate bills for the services you receive the day of surgery. These bills may come from doctors you may not personally see. We are required by law to process bills this way. Bills may include use of our building, implant(s) and special supplies. This fee does not include services provided by:

- Surgeons
- Anesthesiologists
- Pathologists
- Radiologists
- Imaging
- Laboratory Services

These businesses will bill you separately.

We will send a bill to your health plan for our services. To send this bill, we need the name and address of your health plan and your policy number. Before surgery, please send any doctor referrals and pre-approval paperwork to your health plan, if needed. If you do not understand your health plan or covered services, talk to your insurance company.

We will let you know of any final balance on your account after your health plan processes the bill for service.

If you feel you may have problems paying your bill, please let us know right away. We may be able to arrange a payment plan. We accept most major credit cards.

Thank you

You may receive a survey from us after your surgery. Our mission is to provide you with the highest quality of health care. To do this, we need to know what we are doing right and what needs to get better. We depend on our patients and their families to keep us informed. By sharing your thoughts and feelings about your experience, you can make our care better for future patients and their families.

You also might want to consider sharing your experience by joining our Patient & Family Partner Program. Learn more at centracare.com/patientpartners.

Thank you for trusting us with your care. We look forward to helping you improve your health and quality of life.

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