

## INSTRUCTIONS PRIOR TO YOUR ARRIVAL

You will be contacted via phone call **48 hours** prior to your surgery with your arrival time and instructions indicating when you need to stop eating, drinking, and chewing gum before your surgery. It is important for you to follow these instructions, or your surgery may be delayed or cancelled. If you have any questions, please call 651.702.7400.

- **IMPORTANT:** A pre-operative physical **must** be performed by your primary physician. Please schedule your exam as soon as possible. Your pre-operative physical must be completed within 30 days of your surgery and *preferably* not less than 10 days prior. Your pre-operative physical can be faxed to 651-702-7414.
  - If you are on **blood thinners** or **anti-inflammatory** medications, you may need to discontinue them. Please check with your primary physician.
  - If you are on **insulin**, please check with your primary physician regarding your insulin dosage for the day of surgery and bring your insulin and diabetic supplies.
- Arrange to have a driver to pick you up and a responsible adult to stay with you for 24 hours following surgery.
- Refrain from using alcohol or tobacco products 24 hours prior to surgery.
- You may receive a patient estimate via email with your estimated patient responsibility amount. Please click on the link in the email to view this estimate. If you have questions regarding your estimate, please contact 651-702-7431.

If you develop a cold, sore throat, infection and/or COVID symptoms, please call us at 651.702.7400. If you have any questions prior to us contacting you please call us at **651.702.7400** between 9:00 a.m. and 4:30 p.m.

## INSTRUCTIONS DAY OF SURGERY

- If recommended by your surgeon or your primary physician, certain oral medications may be taken with a sip of water the morning of your surgery.
- Shower or bathe the day of surgery using an antibacterial soap, giving your surgical site a five-minute scrub if able. After you have showered or bathed do not use any hand or body lotion or alcohol-based hair products. Please do not wear any make-up or nail polish the day of surgery.
- Wear loose fitting, comfortable clothing that you will be able to easily take on and off and can fit over your bandage.
- Please wear your hearing aid(s).
- If you wear glasses or have contacts, please bring your case.
- Leave jewelry and valuables at home, including all body piercings.
- Rings must be removed for all hand/arm/shoulder surgery.
- Cell Phones are recommended for communicating with your caregiver and to use while waiting in clinical areas.
- You may brush your teeth the morning of surgery.



## VISITORS

- **Visitors** – Your caregivers/support person will be welcome to stay at the surgery center during your procedure. If your caregiver/support person will not be in attendance, patients will be asked for a phone number to contact your caregiver. We will utilize this phone number to contact your caregiver after your procedure and review discharge instructions. The physician may also contact your caregiver after the procedure.

## CHECK IN

- To avoid cancellation of your upcoming procedure, you are required to bring your insurance card, photo ID and a form of payment.

## YOUR RECOVERY

- After surgery you will be taken to a post anesthesia care area for observation and recovery.
- Home instructions, verbal and written, will be given to you and your caregiver prior to your discharge.
- **Prescriptions will need to be filled at a pharmacy of your choice.**

## FOR CHILDREN

If you wish to visit our facility for a tour before surgery, please call 651.702.7417 to set up an appointment.

- Parents are required to stay at the center for ALL children under the age of 18 in case the medical team needs to contact you. When the surgery is complete the surgeon will meet with you to discuss your child's procedure.
- Bring any comfort items for your child (blanket, toy, pacifier, etc.).
- Bring an empty bottle or sippy cup for after surgery.

## OTHER HELPFUL INFORMATION

- If you are coming from out of town, please call us at 651.702.7400 or 1.866.328.4490 and we are happy to provide hotel phone numbers and locations.
- Patient Rights and Responsibilities, Advance Health Care Directives and Privacy Practices information can be found at [www.hpsurgery.com](http://www.hpsurgery.com) under Patient Resources.
- Your healthcare provider is referring you to a facility in which certain healthcare providers have a financial or economic interest. A list of investors can be provided at your request.