



**Dr. Nathan Wanderman**

**Where:**

Eagan Orthopedic Surgery Center  
2700 Vikings Circle, #300  
Eagan, MN 55121

Woodwinds Hospital  
1875 Woodwinds  
Woodbury, MN 55125

**Pre-op Instructions**

- \*\* Pre-operative physical is needed within 30 days before surgery by your family physician. Scheduling your pre-op 2-3 weeks prior to your date of surgery is strongly preferred. Please bring the form labeled: History and Physical Examination Preoperative Requirements.
- \*\* It is REQUIRED that someone drives you home after the surgery and stays with you for 24 hours as a safety precaution.
- \*\* Please review medication list in your packet to know which medication(s) to stop 7 days prior to surgery.
- \*\* Please call Dr. Wanderman's team right away if you feel sick in any capacity.
- \*\* Start taking an over-the-counter stool softener one to two days prior to surgery. If you currently take prescribed medications, please talk with your pharmacist about the best laxative option for you.
- \*\* Take an antacid such as Zantac or Nexium the evening before your surgery to help minimize stomach irritation. After surgery, the antacid should be taken while on narcotic pain medications. If you regularly take a prescribed antacid, continue to do so.
- \*\* Dr. Wanderman will prescribe an ointment, Mupirocin 2%, to be used for 5 days leading up to your surgery. To use, put a little on your finger and rub into nose. This should be done 2 times a day. This medication helps prevent nasal colonization.
- \*\* DO NOT eat, drink, or smoke after midnight the night before your surgery or as instructed per the hospital or surgery center. If you do, your surgery may have to be cancelled.
- \*\* Please allow a 24-hour notice for prescription refills. Minnesota state law limits narcotic pain medication refills to 7-day supply. Your insurance might have additional limitations we must follow as well.  
**NO PRESCRIPTION REFILLS WILL BE GUARANTEED ON FRIDAYS.**
- \*\* If you are calling outside standard business hours or having a difficult time reaching our team, please contact TCO at 651-439-8807.
- \*\* **DISABILITY PAPERWORK:** If you have forms you need completed for FMLA or short-term disability, you must get these to the Woodbury or Eagan office prior to surgery. Forms can also be faxed directly to Kesenya at 952-456-7956. Please DO NOT bring these forms to the surgery center or hospital.

**Post-op Appointments**

Megan Rhyner, PA-C will need to see you back 2 weeks and 6 weeks after surgery for your first post-op appointments. Dr. Wanderman will also see you back at the 3-month and 6-month marks following surgery. Please schedule these appointments through our scheduling line at 952-456-7777.

**If you have any questions, please call Dr. Wanderman's care team at 651-351-2612.**