Preparing for surgery

The Surgery Center

Thank you for selecting Regions Hospital for your surgical care. The staff at Regions Hospital are committed to giving you a positive experience and great care.
Your Hospital Stay

- **Same-day surgery.** You are admitted for surgery or a diagnostic procedure. You return home the same day.

- **Morning (A.M.) admission.** You arrive at the hospital the morning of your surgery. After surgery, you are admitted to the hospital. How long you stay depends on the type of surgery you have and how your doctor thinks you are doing.

- **Observation.** You will stay in the hospital for 23 hours or less. You may stay overnight.

Preparing for Surgery

Carefully preparing for your surgery is important. Preparation helps ensure the safest surgery and the best possible result. Follow the instructions in this booklet carefully. Contact your surgeon’s clinic right away if you need to cancel your surgery. If you cannot reach your surgeon’s clinic, call 651-254-0023. Before or after clinic hours or on Saturday and Sunday, call 651-254-5003.

Up to 1 Month Before Surgery

- **History and physical.** Within 30 days before your surgery, see a primary care doctor for a complete medical history and physical exam. Please check with your surgeon’s office to see where you should make an appointment. After the appointment, ask to have a copy of the results sent to the Regions Hospital Surgery Center. Our fax number is 952-883-9645.

- **Questions.** If you have questions about your surgery, ask your surgeon. We want you to be fully informed. Please ask questions if you do not understand something.
1 Week Before Surgery

• **Physical condition.** Contact your surgeon’s clinic right away if you get a cold or fever or if you have a major change in the condition for which you are having surgery. If you cannot reach your surgeon’s clinic, call **651-254-0023.** Before or after clinic hours or on Saturday and Sunday, call **651-254-5003.**

• **Medication.** Continue taking all medications as your doctor directed. Check with your surgeon before taking medications that have aspirin or ibuprofen the week before surgery. Taking these medications can cause serious problems with blood clotting and anesthesia. Stop using all dietary supplements **2 weeks** before surgery. These supplements include fish oil, vitamin E and herbal medications. Talk with your primary doctor if you take medication for diabetes.

The Day Before Surgery

• **Confirming date and time.** Our nurse will contact you the day before surgery to confirm the time to arrive for your surgery and answer your questions. **If you know you will not be available for this phone call, contact us at 651-254-3404.** We take calls Monday through Friday between 8:30 a.m. and 4:30 p.m.

• **No eating.** You should not have milk, liquids or solid foods after midnight the day of surgery. Solid foods include chewing gum, hard candy and chewing tobacco. **If you have food or liquid in your stomach, your surgery will be canceled.** For infants age 6 months or less, talk with a nurse.

• **Medication.** If your doctor told you to take medication the day of your surgery, take the medication with a **small** sip of water. Check with your doctor before taking aspirin, ibuprofen or other medications that contain aspirin.
• **Bathing.** Preparing your skin for surgery reduces the risk of infection. Take a bath or shower the night before and the morning of surgery using a liquid antiseptic soap wash (such as Dial or the product your clinic gave you). Sleep on clean bedding and dress in clean clothes after bathing.

• **Hair.** Many hair products and hair pieces contain products that can catch fire easily. Your safety is our first priority. Wash your hair the night before or the morning of surgery using only shampoo and conditioner.
  
  » **Do not** use any other hair products after washing. Examples include hair spray, mousse and gels.
  
  » **Do not** wear hair extensions.
  
  » **Do not** wear wigs or hair pieces.
  
  These products create a risk of fire during surgery. Your surgery may be canceled if you arrive with hair products. Please help us keep you safe.

• **No makeup.** Do not wear makeup, including eye makeup. Your eyes could be injured from mascara flakes falling into them.

• **No smoking or tobacco use.** Do not smoke or use chewing tobacco after midnight before your surgery. Not using these products will help reduce coughing and other smoking-related irritations after surgery.

• **Health Care Directive.** We will ask if you have a Health Care Directive. A Health Care Directive is a written form in which you state your choices for medical treatment if you cannot tell us yourself. You also may name the person who will make treatment choices for you if you are not able to decide for yourself. A living will is an example of a Health Care Directive. If you have a Health Care Directive, bring a copy with you.
• **Personal arrangements.** Sometimes hospital stays and recovery at home take longer than expected. You may want to make arrangements for child care and pet care in case recovery takes longer than planned.

**Day of Surgery**

• **Medication.** If your doctor told you to take medication the day of your surgery, take the medication with a **small** sip of water.

• **Arrival.** Plan to arrive 1½ to 2 hours before your surgery time. Our nurse will contact you the day before surgery to confirm the time you should arrive. A member of our anesthesiology staff will review your medical history, assess your physical condition and decide on the anesthesia that is best for you.

• **Health insurance.** Bring your insurance card (or cards) with you. Most health insurance policies cover surgeries. You are responsible for checking with your health insurance company if you have questions about your benefits and coverage.

• **Surgical site marking.** Your safety is important to us. Depending on your procedure, the surgeon will mark your surgical site.

• **Family waiting area.** Family members may wait for you in the surgery waiting area. Your doctor will update them after surgery.

• **Personal belongings.** Bring a form of picture ID with you. Do not bring credit cards, jewelry or large amounts of money. You may want to bring a small amount of money for parking or prescriptions from our pharmacy. We will secure your belongings while you are in surgery.

• **Contacts and glasses.** If you wear contact lenses or glasses, bring the case. You will not be able to wear contacts or glasses into surgery.
After Surgery

• **Recovery.** After surgery, we will take you to a recovery room. The nurses will watch you closely and make sure you are comfortable. How long you stay in the recovery room will depend on the type of anesthesia you were given. **Be sure a staff member is with you when you first stand or walk in case you become dizzy.** The anesthetic used during surgery may slow your reactions.

• **Rating your pain.** We want you to feel as little pain as possible. To help speed your recovery, we will ask you to rate your pain from 0 to 10—0 meaning no pain and 10 meaning the worst pain you have ever felt. We also will ask you to describe your pain with words such as *sharp, dull or burning* to help us know how your treatment is working. Please become familiar with the pain scale below before surgery.

![Pain Scale Image]

• **Going home.** Your care team will decide when you are ready to go home. Your nurse will tell you how to take care of yourself at home and give you written instructions. The nurse will answer your questions.

• **Leaving the hospital.** If you are admitted to the hospital after surgery, your care team will let you know when you might expect to leave the hospital. This date may change depending on your progress and care plan. Most patients are scheduled to leave the hospital around 11 a.m.
• **Care arrangements.** Arrange to have someone drive you home and help you get inside. We recommend someone stay with you during the first 12 hours of your recovery.

• **No driving.** Do not drive, under any circumstances, for at least 24 hours after surgery. Your surgeon may ask you not to drive until after your follow-up visit in the clinic.

• **Rest and eat lightly.** Plan to rest for at least 24 hours after your surgery. Eat lightly and drink plenty of clear liquids. Do not drink alcoholic beverages for at least 24 hours after surgery.

**Payment for Services**

You probably will get at least 2 separate bills for services. Here are phone numbers to call if you have questions about your bills.

**Hospital Services**

- Regions Hospital Patient Billing ........................................ 651-254-4791

**Doctor’s Services**

- HealthPartners Medical Group
  Patient Accounting .......................................................... 651-265-1999
- University of Minnesota Physicians .......................... 763-782-6500

**Radiology Services**

- St. Paul Radiology ............................................................ 651-767-1400

**Anesthesia Services**

- Twin Cities Anesthesia Associates ......................... 800-495-0127
Your Surgery

☐ You are scheduled for ____________________________

Surgeon: ____________________________

Date: ____________________________

Our nurse will contact you the day before surgery to confirm the time to arrive for your surgery and answer your questions. Plan to arrive 1½ to 2 hours before your scheduled surgery time, or as requested.

Your Medical History and Physical Exam

☐ You are scheduled for your presurgery medical history and physical exam.

Doctor: ____________________________

Clinic: ____________________________

Date: ____________________________

Time: ____________________________

☐ Contact your primary care doctor to schedule a presurgery medical history and physical exam. Have the results sent to the Regions Hospital Surgery Center. Use the following address or fax number.

**Regions Hospital Surgery Center**
Mail Stop 11903A
640 Jackson Street
St. Paul, MN 55101
Fax: 952-883-9645
How to Get to Regions Hospital

Directions

Regions Hospital is conveniently located at the intersection of Jackson Street and University Avenue, just a few blocks from the State Capitol. We are near the junction of Interstates I-94 and 35E.

**From the North:** Take 35E southbound and exit on University Avenue. Turn right on University. Turn left on Jackson Street.

**From the East:** Take I-94 westbound to the 12th Street exit. Take an immediate right on Jackson Street.

**From the West:** Take I-94 eastbound to the Marion Street exit. Turn left on Marion, right on University Avenue and right on Jackson Street.

**From the South:** Take 35E northbound to the 11th Street exit. Turn left on Jackson Street. Or, take Highway 52 northbound to the I-94 westbound exit. Take I-94 to the 12th Street exit. Take an immediate right on Jackson Street.

For automated directions, call **651-254-2377**.
Parking

Please use the Regions Hospital Main/Emergency entrance and South underground parking ramp.

We offer a discounted parking rate for patients and guests. To get the reduced rate, bring your parking ticket with you into the building and ask the staff to stamp your ticket. You must have your ticket stamped to receive the lower rate. Our parking ramps accept cash, check and credit card.

Valet parking is available at the Main/Emergency entrance Monday through Friday, 6 a.m. to 10 p.m. We offer a $3 flat rate for valet parking for seniors age 65 and over.

Inside Regions Hospital

Guest Services staff are available at each hospital entrance to help you find your way or arrange for wheelchair transportation. From the Main Entrance and South Parking, take the South Parking elevators to the 1st floor and go to the South elevators. Take the South elevators to the 3rd floor and follow signs to the Surgery Waiting Area.

About Regions Hospital

Regions Hospital is a leading, full-service, private hospital providing outstanding medical care, with special programs in heart care, women’s health, surgery, senior services, digestive care, cancer, behavioral health, burn care, and emergency and trauma services. Established in 1872, the hospital has served the Twin Cities and surrounding region for nearly 140 years. Patients receive state-of-the-art care in an environment that promotes comfort and healing. Regions Hospital is part of the HealthPartners family of care.