

Two Twelve Surgery Center

-Surgery Preparation Information-

BEFORE YOUR SURGERY

- You must arrange for a responsible adult (18 years or older) to drive you home. You will need a responsible adult (18 years or older) with you to receive your discharge instructions as well.
- You must arrange to have a responsible adult (18 years or older) to stay with you for 24 hours following surgery.
- **IMPORTANT:** a physical examination must be performed by your family physician within 30 days before surgery. The Surgery Center does recommend the physical examination to be completed prior to the day before surgery, to allow time for processing of tests. This examination form can be faxed to us or brought in with you the day of surgery. Our fax number is 952-456-7901.
- If you are on blood thinners or anti-inflammatory medications, you may need to discontinue them. Please check with your primary physician.
- *During the pre-operative phone call, a nurse will give you instructions when you need to stop eating, drinking and chewing gum before your surgery.* It is very important for these instructions to be followed or your surgery may be delayed or cancelled.
- Showering:
 - Take a shower, washing your body as usual. Apply plenty of Hibiclens, a special cleaner, to clean, wet washcloth. Wash from your neck to your feet. Be sure to rinse off all the soap.
 - Avoid getting Hibiclens in your eyes, nose, ears or mouth.
 - If Hibiclens is not available, use an antibacterial soap such as Dial instead.
 - Apply plenty of Hibiclens to wet washcloth. Gently lather the area of your body where you will have surgery for 5 minutes.
 - Do not scrub your skin with a brush.
 - Do not shave any hair from your body.
 - Wash your hair with your shampoo. You can do this either in the evening or in the morning.
 - Use only shampoo and conditioner not Hibiclens in your hair. **DO NOT APPLY** any other hair products after washing. This includes, but is not limited to hair spray, mousse, gels, etc. These products have high alcohol content. This can create a high fire risk.
 - Dry your body with a newly washed towel.
 - Wear newly washed clothing and sleep in newly washed bedding.
- No alcohol or tobacco products 24 hours prior to surgery.
- If you develop a cold, sore throat, fever or infection, notify your surgeon.
- If you need an interpreter, please notify the pre-operative nurse.

DAY OF YOUR SURGERY

- If recommended by your surgeon or your primary physician, certain oral medications may be taken with a sip of water.
- Consult with your primary physician regarding your insulin dosage for the day of surgery and bring your insulin and diabetic supplies.
- Wear your hearing aid.
- If you wear contacts or glasses, bring your case.
- If you use an inhaler, bring it with you.
- Leave jewelry and valuables at home, including all body piercings.
- You may brush your teeth the morning of surgery.
- Showering:
 - Take another shower following the steps above.
 - Dry your body with a newly washed towel.
 - Do not apply deodorant, lotions or creams.
 - Wear newly washed clothing.
- Wear loose fitting comfortable clothing that you will be able to easily take off and put on before and after your surgery. You may need to cover larger bandages, so make sure you wear clothing that is large enough.
- *Bring your insurance card and/or workers' compensation information and a photo ID with you. Please see Two Twelve Surgery Center Billing & Insurance Information handout (yellow pages) for further information.*
- *Please leave all types of disability and workers' compensation forms at home. These should be brought to your surgeon's office.*
- Check into Suite 340 (third floor).
- We request that your caregiver remains at the Surgery Center during your procedure.