

### PRE-OPERATIVE PHYSICAL

- **IMPORTANT:** A pre-operative physical **MUST** be performed prior to surgery. This can be done by your family physician. This **MUST** be completed within 30 days of your surgery and *preferably* not less than 10 days prior. The examination form can be faxed to **763-581-9078**.
  - Be sure to review all of your current medications with your provider at your appointment and ask which medications you should or should not take on the morning of surgery.
  - If you are on blood thinners or anti-inflammatory medications, you may need to discontinue them. Please check with your primary physician or surgeon at your appointment.
  - If you are on insulin, please make sure to check with your primary physician regarding your insulin dosage for the day of surgery.

### ARRIVAL TIME AND INSTRUCTIONS PRIOR TO YOUR ARRIVAL

Date of Surgery/Procedure: \_\_\_\_\_ Surgeon: \_\_\_\_\_

- **One to two business days** prior to your surgery, you will be contacted with your arrival time. ***The time you were given when scheduling your surgery may change based on the surgeon's schedule.*** Instructions will be given at that time indicating when/if 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 for your surgeon or anesthesiologist, please make a list of these questions and bring it on the day of your surgery.
- On the day of surgery, you will need an **adult** with you to receive your discharge instructions and drive you home.
- You will also need to have a responsible adult stay with you for 24 hours following surgery.
- Please refrain from using alcohol or tobacco products for 24 hours prior to surgery.
- Please arrange for childcare for the day of your surgery. If not possible, all children must be supervised at all times by an adult.
- If you develop a cold, sore throat, fever, infection, or have had any disease such as MRSA, VRE, C-diff, or TB, have traveled outside the country within the last 30 days, or have any questions regarding any of these instructions, please call us at **763-581-9082** between the hours of 8:30 am to 5:00 pm.
- If you need to cancel or reschedule your surgery, ***please contact your surgeon's office.***

### INSTRUCTIONS FOR THE DAY OF SURGERY

- At your pre-operative physical, you may have been instructed to continue some or all of your current medications. These may be taken prior to your appointment with a small sip of water.
- Shower or bathe the day of surgery using an antibacterial soap (or special scrub if directed by your surgeon). 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, jewelry, or fragrances.
- Please wear your hearing aid(s).
- If you wear glasses please bring your case. Do not wear contacts.
- Leave jewelry and valuables at home, including all body piercings.
- Rings must be removed for all hand/arm/shoulder surgery.
- You may brush your teeth the morning of surgery.
- If you use a CPAP machine, please bring it with you the day of surgery.
- Please also bring a picture ID and your insurance information.



**OVER**

9855 Hospital Drive, Suite 175, Maple Grove, MN 55369  
Phone: 763.581.9000 Calls are answered from 8:00 am – 5:30 pm

NORTH MEMORIAL  
**Ambulatory Surgery Center**  
Maple Grove

### CHECK IN

- The surgery center is located at entrance “B” which is between the hospital main entrance and urgent care. Please check in at the front desk in Suite 175.
- Your nurse, anesthesiologist, and surgeon will evaluate you and answer any questions you have before your surgery.
- We request your caregiver remain at the surgery center during your surgery and recovery.

### FOR CHILDREN HAVING SURGERY

- Bring any comfort items for your child (blanket, toy, pacifier, etc.).
- Bring an empty bottle or sippy cup for after surgery.
- Parents are required to wait in the waiting area during surgery 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.
- If you wish to visit our facility for a tour before surgery, please call **763-581-9000** to set up an appointment.

### RECOVERY

- After surgery, you will be taken to a post anesthesia care area for observation and recovery. The time you spend in recovery can vary among patients, but the nursing staff in the pre-op area will give you and your caregiver an individual estimate of time for recovery and approximate discharge.
- We do have a pharmacy located on campus that your caregiver can use to fill prescriptions while you are in the recovery area.
- You will receive a follow up call the next business day to see how you are recovering. A message will be left if we are unable to contact you. Please contact us at **763-581-9082** if you have any questions.

### OTHER HELPFUL INFORMATION

- Our website is [www.northmemorial-asc.com](http://www.northmemorial-asc.com). Click the Patient Resources tab for Patient Rights and Responsibilities, Advance Health Care Directives, Privacy Practices, Maps and Directions, and more!
- You and your caregiver may use your cellular phone in our waiting room. Personal electronic devices are prohibited in clinical areas to protect patient privacy.
- Free WiFi is available.
- A variety of hot beverages and water are available in our waiting room for your caregivers.
- The Maple Grove Hospital campus houses the Four Seasons Café, a full-service cafeteria, serving Starbucks coffee.
- Your healthcare provider is referring you to a facility in which certain healthcare providers have a financial or economic interest. You may request an owner list at any time at **763-581-9000** or email us at [info@nmascmg.com](mailto:info@nmascmg.com).

*North Memorial Ambulatory Surgery Center Maple Grove complies with applicable Federal civil rights laws, and does not discriminate on the basis of race, color, national origin, age, disability or sex.*

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