

# Same-Day Surgery Center

At Plymouth Orthopedic Surgery Center, our skilled team of surgeons provide same-day surgery to children and adults whose treatment does not require an overnight hospital stay. The team of experienced anesthesia staff, registered nurses, surgical technicians and surgeons work together to ensure each patient experiences superior surgical results in a safe, comfortable and private setting.



## PRE-SURGERY CHECKLIST

### 30 Days Prior to Surgery

- Please call your insurance company to confirm your financial responsibilities for the surgery.
- Schedule an appointment for your history and physical with your primary care physician, within 30 days of your surgery. Please have it faxed to 763-225-9850 at least 7 days prior to your scheduled surgery.

Medications: Discuss all medications/supplements you currently take with your family physician. If you currently take any medication (blood thinners) or aspirin, talk to the prescribing doctor about dosing before and after surgery.

- Complete your Pre-Admission Survey.

If a cell phone number was provided, you will receive a text message from Plymouth Orthopedic Surgery Center asking you to “opt in” for text messaging. If you agree and respond “Yes”, you will receive a text with a link to complete your pre-admissions survey.

If you do no “opt in”, you will receive this link via email if email was provided. If an email or cell phone was not provided, a paper copy will be provided to complete upon check-in. Please bring a list of your medications to complete this form.

### 7 Days Prior to Surgery

- Coordinate your driver for surgery day. You cannot use a cab or drive home after surgery. Your driver must be at least 18 years of age and be available immediately after your surgery is completed to receive your discharge instructions. We recommend they stay at the surgery center during your procedure so they can meet you in recovery and receive these instructions in person.
- Verify that you have a responsible adult to stay with you for at least 24 hours after surgery. We require this for all patients, and please be aware that additional help may be needed after 24 hours.

### 24 Hours Prior to Surgery

- The night before you surgery, complete your first shower, using Hibiclens antibacterial soap. Please see other side of brochure for instructions on obtaining and using Hibiclens.
- Follow instructions for stopping all food, drink and tobacco products, provided by the preoperative phone call (the surgery center will call or text 48-72 hours prior to your surgery date).

### Day of Surgery

- Prior to arrival, complete your second shower, using Hibiclens antibacterial soap.
- Do not wear contact lenses on day of surgery and bring case for glasses.
- Please follow the plan for medication dosing as instructed by your primary care physician. Wear your hearing aids, if applicable.
- Bring your inhaler, if applicable.
- Wear large, loose-fitting clothing that you can easily take off and put on before and after surgery. You may need to cover large bandages, slings or a cast. Be sure your clothing will accommodate your surgical dressing. You may bring a sports bra.
- Bring your I.D. and insurance card(s). Please leave all other valuables at home (jewelry, purses, etc.). Plymouth Orthopedic Surgery Center is not responsible for any lost or stolen items.
- Be prepared to drop your prescription off at a pharmacy on the way home. There is not an on-site pharmacy.
- Bring CPAP machine, if applicable.
- Bring any durable medical equipment (crutches, boots, slings, etc.) that you may have received at your clinic appointment.
- Bring this folder to surgery appointment.

## HIBICLENS ANTIBACTERIAL SOAP

### Obtaining Hibiclens Antibacterial Soap

If you need to obtain Hibiclens, it is available for pick up at the following locations:

- Plymouth Orthopedic Surgery Center: 16800 37th PI N, Third Floor (no cost)
- Crosstown Surgery Center: 4010 W. 65th St., Edina, MN 55435, Third Floor (no cost).
- Twin Cities Orthopedics – Edina: 4010 W. 65th St., Edina, MN 55435, Second Floor (no cost).
- Two Twelve Surgery Center: 111 Hundertmark Rd., Chaska, MN 55318, Third Floor (no cost)
- For purchase, at your local drug store or pharmacy.

### Guide for Using Hibiclens Antibacterial Soap

- You will complete two showers using Hibiclens. You will take one shower the night before your surgery and one the morning of surgery.
- If you plan to wash your hair, do so with your regular shampoo. Then rinse hair and body thoroughly to remove any shampoo residue.
- Avoid getting Hibiclens in your eyes, nose, ears, mouth or genital areas.
- Apply Hibiclens soap to a wet washcloth. Focus on the area of your body that you will have surgery, cleansing for 5 minutes.
- Do not scrub your skin or use a brush.
- Do not shave any hair from your body.
- Dry your body with a clean towel.
- Do not apply any lotions, powders, perfumes, makeup or hair products after washing.
- Wear clean clothing and sleep in clean bedding.

## DIRECTIONS

### FROM THE SOUTH

Take I-494 to Highway MN 55.  
Left (west) on Highway 55 to County 9 Rockford Rd.  
Right on Rockford Road 1 block to Dunkirk Ln. No.  
Left on Dunkirk Ln. No. to 37th PI. No.  
Left on 37th PI. No., TCO in on your right.  
Surgery Center is on the 3rd Floor.

### FROM THE NORTH

Take I-494 to County 9 Rockford Rd.  
Right on Rockford Road  
Right on Dunkirk Ln. No. to 37th PI. No.  
Left on 37th PI. No., TCO in on your right.  
Surgery Center is on the 3rd Floor.

### FROM THE EAST

Take MN Highway 55 to County 9 Rockford Rd.  
Right on Rockford Road 1 block to Dunkirk Ln. No.  
Left on Dunkirk Ln. No. to 37th PI. No.  
Left on 37th PI. No., TCO in on your right.  
Surgery Center is on the 3rd Floor.

### FROM THE WEST

Take MN Highway 55 to County 9 Rockford Rd.  
Left on Rockford Road 1 block to Dunkirk Ln. No.  
Left on Dunkirk Ln. No. to 37th PI. No.  
Left on 37th PI. No., TCO in on your right.  
Surgery Center is on the 3rd Floor.



PLY (11/23)



NAME \_\_\_\_\_

DATE OF SURGERY \_\_\_\_\_

PROCEDURE \_\_\_\_\_

SURGEON \_\_\_\_\_

Plymouth Orthopedic Surgery Center

16800 37th PI N, #300, Plymouth, MN 55446

P: 763-298-3500

[PlymouthOrthopedicSurgeryCenter.com](http://PlymouthOrthopedicSurgeryCenter.com)