

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

Once Surgery is Scheduled

- ☐ The night before your surgery, complete your first shower using Hibiclens®/CHG antibacterial soap. Please refer to preoperative CHG Shower Instructions.
- ☐ 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 not “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 yourself 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 your surgery, complete your first shower, using Hibiclens®/CHG 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®/CHG 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 pick up your prescription 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

Where to Purchase or Obtain Hibiclens®/CHG?

CHG or Hibiclens® is available for purchase at local pharmacies and retail stores such as Walgreens, CVS, Target, and Walmart. You may also obtain Hibiclens® at the following locations for no cost:

- Blaine - Blaine Orthopedic Surgery Center (3rd floor)
- Chaska - Two Twelve Surgery Center (3rd floor, Suite 340)
- Eagan - Eagan Orthopedic Surgery Center (3rd floor)
- Edina - Crosstown Surgery Center (3rd floor)
- Plymouth - Plymouth Orthopedic Surgery Center (3rd floor)

If you are unable to obtain CHG or Hibiclens®, please contact your surgeon's clinic coordinator for assistance with alternative resources.

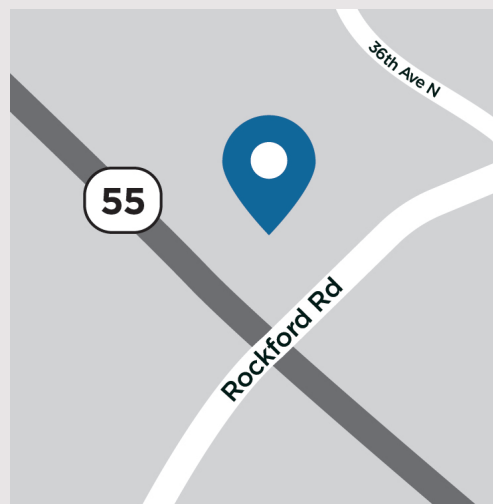
Why are Preoperative Showers Important Prior to Surgery?

Completing these preoperative showers before surgery is an important step toward reducing your risk of a surgical site infection.

Preoperative Showering Instructions

For step-by-step instructions, refer to the CHG Shower Instructions handout included in your surgical packet or visit the patient forms section on our surgery center website.

GETTING HERE



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

RESOURCES

Visit PlymouthOrthopedicSurgeryCenter.com to review our Patient Forms, including Notice of Privacy Practices, Patient Bill of Rights, Patient Responsibilities, Health Care Directives, and other important information for your upcoming surgery.



NAME _____

DATE OF SURGERY _____

PROCEDURE _____

SURGEON _____

Plymouth Orthopedic Surgery Center

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

P: 763-298-3500 F: 763-225-9850

PlymouthOrthopedicSurgeryCenter.com