

Preparing for Surgery



CENTRACARE Health System
Melrose



Welcome

CentraCare Health System – Melrose is a not-for-profit critical access hospital. As our patient, you will have the convenience of staying close to home for your health care services.

We provide many types of surgical procedures. Your surgery will be either inpatient or outpatient. An inpatient surgery means you will be admitted to the hospital. Outpatient means you arrive, have surgery and go home the same day. Your doctor will tell you whether your surgery will be inpatient or outpatient.

Our caring skilled professionals are committed to:

- Outstanding patient- and family-centered care.
- Advanced technology.
- A superior patient experience.

We want your visit to be as safe, comfortable and pleasant as possible. Let us know how we can better personalize your care and improve your visit.

Your surgery is scheduled for: _____

Please arrive by: _____

Your surgeon is: _____

How can you prepare for your surgery?

Pre-admission Phone Call

A nurse will call you before surgery. If your surgery takes place Monday, we will call you Friday. If you do not hear from us by 3 p.m. the day before your surgery, call us at (320) 256-4231, ext. 24294. We are available from 7 a.m. to 4 p.m., Monday through Friday. Please let us know of any special requests. We will work closely with you to meet your needs.

Food and Drink Guidelines

Please follow the guidelines below for food and drink before surgery. Doing so will prevent your surgery from being delayed or cancelled.

- Clear liquids - up to four hours prior to surgery; ie. water, juices without pulp, carbonated beverages, clear tea, black coffee
- Breast milk - up to four hours prior to surgery
- Infant formula - up to six hours prior to surgery
- Non-human milk - up to eight hours prior to surgery
- Solids - up to eight hours prior to surgery



Other Guidelines:

- Do not drink any alcohol for 24 hours prior to your arrival.
- Do not smoke after midnight the night before your surgery.
- Do not chew gum or suck on candy after midnight the night before your surgery.

Arrangements After Surgery

Think about care you may need after surgery, and ask for help. For your safety, you will need someone to drive you home after surgery. We do not allow discharged patients to go home on public transportation. Arrange for someone to stay with you for at least the first night after surgery. If you have small children, ask someone to care for them for the first 24 hours after your surgery.

Interpreter Services

Let us know if you cannot read or speak English, or if you use sign language. Call us at (320) 256-4231 as soon as possible. We can help arrange for an interpreter.

Helpful Hints

- Tell your doctor if you have a cold, flu or high temperature in the days before your surgery.
- Wear comfortable and loose-fitting clothing to fit over dressings.
- Remove makeup, nail polish and all jewelry, including body jewelry.
- If you wear glasses or contact lenses, bring a glasses case or contact supplies with you.
- Remember to bring your insurance information, photo ID and Medicare or Medical Assistance cards with numbers and addresses.
- Do not bring any valuables or money.
- Bring a special blanket, stuffed animal or other security item for children.
- Do not take Advil, ibuprofen, Motrin (nonsteroidal anti-inflammatory), garlic, vitamin E or ginkgo seven days prior to surgery. You may take Tylenol. Contact your primary doctor regarding Plavix, Coumadin and any diabetic medications you may be taking.

Health History

Once you arrive, a receptionist will ask for demographic and insurance information. A nurse will then give you a surgery gown and ask about your health history. Your privacy and comfort are very important to us. We will respect it at all times. Family or friends may be with you at any time during this process, as you desire.

Anesthesia

A certified registered nurse anesthetist will visit with you to discuss your plan for anesthesia. He or she will answer any questions. Anesthesia is the medicine that puts you to sleep before surgery. Your surgeon also may stop by to see if you have last minute questions or concerns. At that point, a member of our staff will escort you to the operating room.

If your child is having surgery, we want you to spend as much time as possible with your child. You are welcome to stay with your child until he

or she falls asleep. This experience is often positive and comforting for both the child and parents. Should you choose to be present for anesthesia, we will prepare and guide you through the process.

What can you expect after surgery?

Private Recovery Room

After surgery, you will go to a private recovery room. Registered nursing staff will closely monitor you. When you are stable, family or friends may join you in your room. After you are awake, you will rest in a comfortable recliner and staff will offer you something to eat or drink.

Discharge

Your nurse will monitor your physical readiness for discharge. Most patients are ready for discharge one to three hours after surgery. But every person is different.

Once you are stable, your nurse will provide you and your escort with verbal and written instructions about caring for yourself at home. The nurse will answer any questions you may have.



Care at Home

You may feel lightheaded and sleepy for the first 12 to 24 hours after surgery.

For your safety:

- Do not operate a motor vehicle or machinery.
- Do not drink alcohol.
- Do not take any medications not prescribed by your doctor for at least 24 hours following surgery.

A nurse will call you at home within a few days to check on your progress and answer questions.



What do you need to know about insurance, billing and financial arrangements?

At CentraCare Health System - Melrose, we will submit a claim to your insurance company for our services. To submit this claim, we will need the name, address and policy number of your insurance. After the insurance company processes the claim, we will notify you of your remaining balance. We accept MasterCard, Visa and Discover cards. If you feel you may have problems paying your bill, please let us know as soon as possible. Please call (320) 256-1797. This fee does not include professional services provided by our surgeon and pathologist. Their medical clinics will bill you separately.

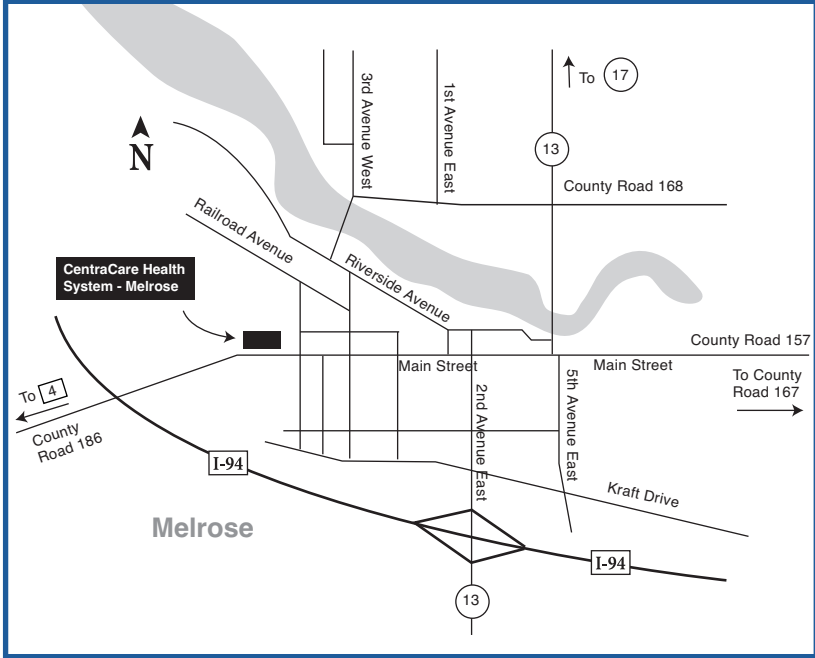
Before your surgery, you will need to obtain doctor referrals and submit prior authorization paperwork to your insurance company, if applicable. If you do not understand your insurance policy guidelines or covered benefits, please talk to your insurance company.

Thank You

Thank you for choosing CentraCare Health System - Melrose for your surgery. We welcome your comments, concerns or suggestions. Feel free to call us anytime at (320) 256-4231. We look forward to helping you improve your health and quality of life.



MAP OF MELROSE



CENTRA CARE Health System Melrose

525 Main Street West | Melrose, MN 56352
(320) 256-4231 | www.centracare.com