



Pre-Operative/Surgery Instructions Checklist

Thank you for choosing HSHS St. Joseph's Hospital for your procedure! We want your surgical and recovery experience to be as comfortable and worry-free as possible.

If you have any questions please call the pre-operative/surgery office at **715-717-7298** M-F 8am-4:30pm. If you are unable to reach us please leave a message and we will return your call as soon as possible.

- Registration (non-medical) staff will call you up to two weeks before your procedure. They will review information about your name, address, birth date, etc. as well as your insurance information. This phone call will make your check-in faster on your surgery day.
- Pre-operative/surgery nurse will call 24-48 hours before your procedure. During the call, we need to review your health history, previous surgeries, allergies, safety information, and medications. Keep this paper available for reference and note taking. Please have a list of medications including dose and medication instructions (ie. One morning dose daily, Twice per day, etc.) We will also give you your time to arrive and any other pertinent information.

You are scheduled for a _____

Please check in at Registration when you arrive at St. Joseph's Hospital, the day of your procedure

Please remember to **bring** the following items with you to the hospital:

- Photo identification
- Current health insurance cards
- List of all medicines that you are taking and the last time that you took that medicine
- **Optional-** Advance Directive (Power of Attorney for Healthcare, Living Will)

Please **leave** the following items at home:

- Valuables, jewelry and money
- If jewelry cannot be removed please see a jeweler as soon as possible for removal. Any jewelry that cannot be removed **may** need to be cut off before surgery for your safety depending on the type of surgery you will be having.

How to **prepare**:

- No food or dairy products after _____ and you may have clear liquids until _____
- Do not eat 8 hours prior to surgery- you may have clear liquids up to 4 hours prior to surgery unless your doctor has given you specific instructions
- Please shower or bathe before surgery and do not apply any artificial products after rinsing (No lotion, deodorant, makeup, aftershave, hair products, etc.)
- Please remove all nail polish from hands and feet for safety and monitoring reasons
- Follow any specific skin prep instructions from your doctor
- Do not shave the area/areas that will be operated on for 24 hours prior to surgery
- Wear comfortable loose clothing and please bring a clean set of clothes for going home
- Make sure a family member or friend will be available on that day to be with you and drive you home.

You cannot drive, operate machinery or make any important/legal decisions for 24 hours. This may be longer depending on the procedure you're having and will be told the length of time at discharge.

- We recommend having someone stay with you for at least 24 hours after getting anesthesia
- You may use your cell phone in the hospital. Feel free to bring a book, Kindle, iPad or other small electronic games to pass time prior to your procedure. Patients and families are responsible for items brought from home.

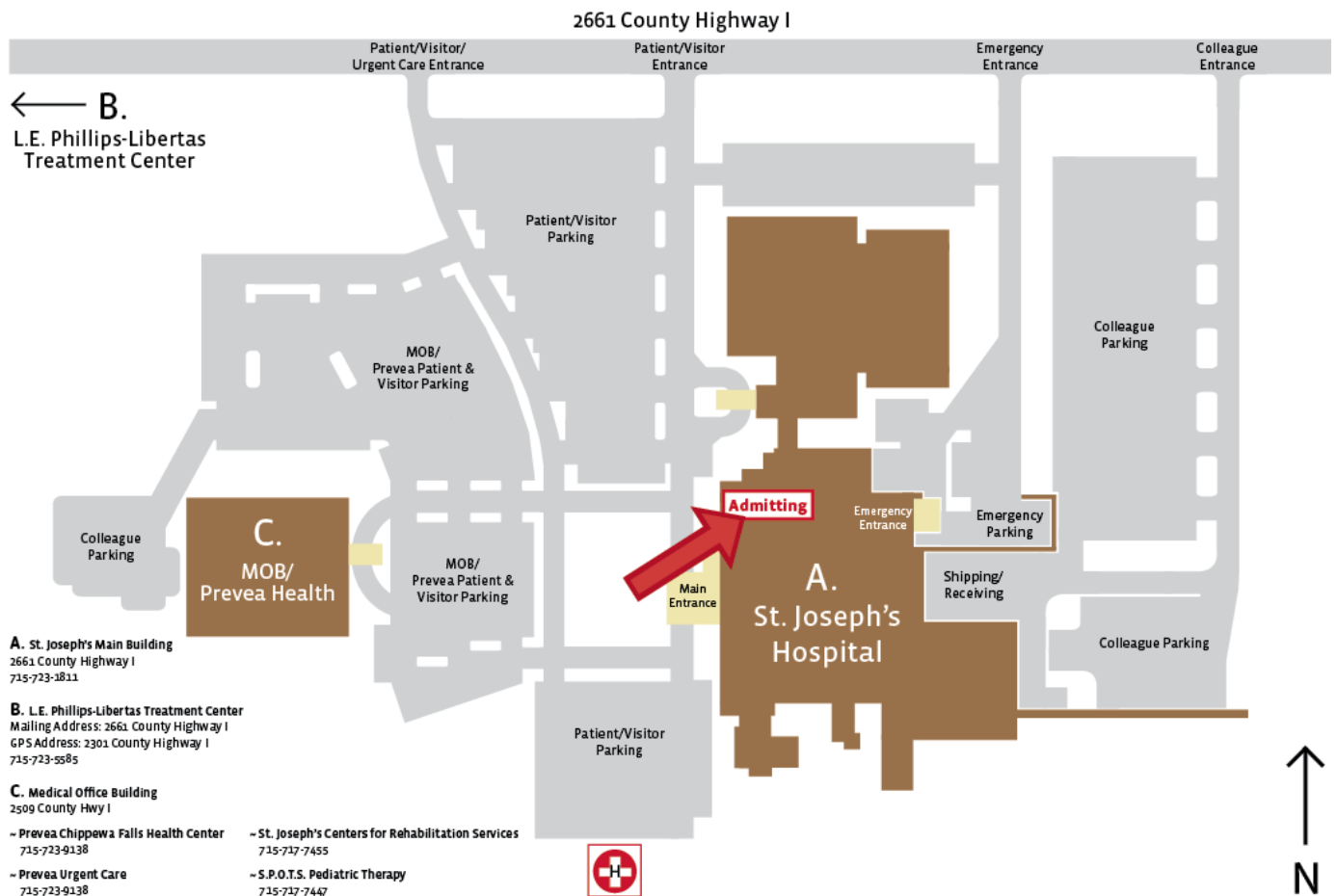
Family:

Up to two family members or friends are allowed in the pre-op room at any time due to space and the need to care for you safely. During your procedure, your family and friends can wait in the Family Waiting Room, located on the second floor next to the Short Stay Care Center. Internet access, snacks, and coffee are available in this area. The cafeteria is located on the lower level of the hospital and is open to family Monday thru Friday from 7:00am until 4:00pm.

Parking:

Convenient parking is located near the main entrance.

Patient/Visitor Guide: Main Entrances & Parking



- A. St. Joseph's Main Building**
2661 County Highway I
715-723-3811
- B. L.E. Phillips-Libertas Treatment Center**
Mailing Address: 2661 County Highway I
GPS Address: 2301 County Highway I
715-723-5585
- C. Medical Office Building**
2509 County Hwy I
- Prevea Chippewa Falls Health Center
715-723-9138
- Prevea Urgent Care
715-723-9138
- St. Joseph's Centers for Rehabilitation Services
715-737-7455
- S.P.O.T.S. Pediatric Therapy
715-737-7447



PREPARING FOR SURGERY

SURGERY HAS BEEN SCHEDULED

- Double check your calendar when you get home. If there is a conflict, call **your surgeons office** right away so they can reschedule you.
- Make sure a family member or friend will be available on that day to be with you and drive you home. You cannot drive for 24 hours after having anesthesia and recommend that you do not operate machinery or make any important/legal decisions for 24 hours.
- Make arrangements to take time off from work so that you can rest after your surgery.
- Make arrangements for help if you have care-giving responsibilities for children or family members.
 - *Remember that “same day surgery” does not mean “same day recovery”!*

THINGS REQUIRED FOR SURGERY

Your surgeon’s office will arrange for your primary care provider to have lab work, physical exam and EKG (if needed).

- Call your surgeon’s office if you have to cancel your pre-surgery primary care appointment.
- Make sure to tell your surgeon if you have taken antibiotics within the past two weeks.
- Call your primary care provider if you develop a fever or any type of infection after your primary care pre-surgery visit. We want you at your most optimal health for surgery for your safety.
- Call your surgeons’ office if you develop symptoms of a cold, flu, fever, productive cough, open areas, sores or a rash on your skin. They may need you to be seen before surgery.
 - *Remember* - Your surgeon is the **ONLY** person who can clear you for your scheduled surgery with **any** of the above conditions.

MEDICATIONS

Your primary care provider and/or your surgeon will give you instructions about your medication

- Discuss the management of your blood thinning patients **as directed by your doctor**. Your doctor will advise you if these medications need to be stopped before surgery.
- Notify your doctor if you currently take:
 - Aspirin, Motrin/ibuprofen/Advil, Celebrex, Meloxicam, Coumadin/Warfarin, Eliquis, Xarelto etc.
 - These medications **may not** be safe to take before surgery.
- Follow your doctor’s instructions on what medications are to be taken with a sip of water on the day of surgery. If you do not know, please call your doctor.

DIET INSTRUCTIONS

Follow food and water instructions EXACTLY!

- Follow your doctors’ instructions for times to stop eating and any special prep to be done.
- For a standard surgery you will not be able to eat food or dairy products for at least 8 hours before surgery and you may have clear liquids up to 4 hours before surgery.

We want you to feel calm, confident and relaxed before your surgery. If you have questions, please call our Pre-Operative/Surgery Instruction office at **715-717-7298**.

Thank you for choosing us to care for you!
St. Joseph’s Surgical Services