

# Orthopedic Surgery Preparation Guide

If you do not already have a **Pre-Admission Phone Call** scheduled, please call the Pre-Admission Nurse one to two weeks before your procedure. When you call, please have your allergy and medication list ready.

**(218) 999-1770 or toll free 1(800) 662-5770**

Pre-Admission Phone Call Date \_\_\_\_\_ Time \_\_\_\_\_

Pre-Operative Date \_\_\_\_\_ Time \_\_\_\_\_

## Pre-Surgery Preparation

You **WILL NOT** be allowed to drive yourself home after surgery. Please make plans for an adult friend or family member to drive you home. They must stay with you for 24 hours after your discharge, or as directed by your doctor. If you take a taxi or a bus, you will need another responsible adult to ride with you.

- If you are diabetic, please ask your doctor about your insulin dosage.
- **DO NOT** take vitamins or herbals for two weeks prior to your surgery.
- **DO NOT** take medications containing Aspirin, Ibuprofen or Naproxen for seven days prior to your surgery, or as directed by your surgeon. Check with your doctor if Tylenol is safe.
- If you take blood thinners such as Plavix, Coumadin, Xarelto or Pradaxa please check with your regular doctor for instruction. If you are unsure of a medication, please ask your doctor.
- **DO NOT** get any new piercings or tattoos from now until your surgery.

**Always follow your surgeon's instructions. If you don't, your surgery could be cancelled.**

## Attend our Joint Camp

Learn what to expect during hospitalization, rehabilitation and recovery.

Date \_\_\_\_\_

3:30pm-5:00pm

Grand Itasca Clinic & Hospital

To register or for more information, please call (218) 999-1770

Patient Name \_\_\_\_\_

Physician \_\_\_\_\_

Date of Procedure \_\_\_\_\_

Type of Procedure \_\_\_\_\_

COVID-19 Test Date \_\_\_\_\_ Time \_\_\_\_\_

If you are unable to attend our Joint Camp in-person, view the video online at

[granditasca.org/specialties-and-services/bone-joint-muscle](https://granditasca.org/specialties-and-services/bone-joint-muscle)



SCAN ME



## 24 Hours Before Surgery

If you have any of the following symptoms within 24 hours of surgery, please call your doctor's office immediately: cold, sore throat, fever, skin rash, cuts, scrapes, open sores, or any other illness.

You may drink clear liquids up to two hours before your arrival. Clear liquids include water, pulp-free fruit juice, carbonated beverages, clear tea or black coffee.

## Showering/Bathing Before Surgery

**Your surgeon has asked you to take two showers before surgery.**

It is normal for bacteria (germs) to be on your skin. The skin protects us from these germs. When you have surgery, we cut the skin. Sometimes germs get into the cuts and cause infection (illness caused by germs). By following the instructions below and using surgical soap, you will lower the number of germs on your skin which decreases your chance of infection.

- Get 12 oz. of antiseptic surgical soap called 4% CHG. Common name brands of this soap are Hibiclens and Exidine. You can find it at your local pharmacy, clinic or retail store. If you have trouble, ask your pharmacist to help you find the correct substitute.
- **DO NOT** shave within 12 inches of your incision (surgical cut) area for at least three days before surgery. Shaving can make small cuts in the skin. This puts you at a higher risk of infection.
- Use one newly washed towel and 4 oz. of the antiseptic surgical soap for each shower.

## Evening Before Surgery

1. Wash your hair and body with your regular shampoo and soap. Rinse **ALL** the soap off.
2. Using clean hands, apply the surgical soap gently on your skin from the neck to your toes. **DO NOT** use this soap on your face or head. If you get any soap in your eyes, ears or mouth, rinse right away.
3. Let the soap stay on your skin for at least one minute and repeat step 2.
4. Rinse well and dry off using a clean towel. If you feel any tingling, itching or other irritation, rinse right away. It is normal to feel some coolness on the skin after using the surgical soap. Your skin may feel a bit dry after the shower, but **DO NOT** use any lotions, cream or moisturizers. **DO NOT** use hair spray or other products in your hair.
5. Dress in freshly washed clothes or pajamas. Use clean sheets and pillowcases on your bed.

## Morning of Surgery

1. Repeat shower with surgical soap, following steps 1-4. from previous shower. It is very important to let the soap stay on your skin for at least one minute.
2. Use a new, clean towel to dry off. **DO NOT** use any lotions, cream or moisturizers. **DO NOT** use hair spray or other products in your hair.
3. Dress in clean clothes.



## Driving Directions

### From Highway 169

- Take Hwy 169 to Golf Course Rd
- Head West on Golf Course Rd, travel 1.1 miles
- Turn right, into Grand Itasca

### From US Highway 2

- Take US Hwy 2 to Pokegama Ave
- Head South on Pokegama Ave to Golf Course Rd
- Turn right onto Golf Course Rd, travel 1.1 miles
- Turn right, into Grand Itasca

## Surgical Patient Parking

- Park near the main Clinic & Hospital entrance (awning)
- Proceed to Day Surgery once you enter the building

