

Thank you for choosing WestHealth for your surgery.

We look forward to caring for you in our same-day surgery center, where you'll experience:

- High-quality surgical care without an overnight hospital stay.
- Advanced anesthesia, enabling early discharge.
- Recuperation in the familiar surroundings of home, rather than in the hospital.
- Less time away from work, family and friends.

your procedure

Scheduled on _____ Please arrive at _____
WestHealth opens at 6:30 am. Your physician has requested the following pre-operative instructions:

We've compiled the following information to help you prepare for your surgery. If you have any questions, please feel free to contact us at **763-577-7240**.

one week prior to surgery

You will need a medical history and physical exam within seven days of your surgery. Please check with your surgeon or regular doctor to schedule this appointment. If you experience a significant change in your health, like a cold, please notify your doctor at least one day prior to your scheduled surgery.

the evening prior to surgery

Beginning at midnight, do not eat or drink anything, including water. If you eat or drink after midnight, WestHealth must cancel your surgery. Unless your doctor tells you otherwise, you should continue taking the following medications as prescribed:

- Heart medication
- Seizure medication
- Blood pressure medication
- Asthma medication (please bring your inhaler with you)
- Prednisone

Take these medications with only a small sip of water. Check with your doctor before taking insulin and blood thinners.

the day of surgery

Please arrive one hour before your scheduled surgery and check in at the registration desk located on the second floor. The anesthesiologist will meet with you in your private room to discuss the best anesthetic for you. Also, a nurse will record your health history, temperature, and blood pressure and prepare you for surgery. A friend or relative may stay with you.

The following documents are necessary for WestHealth to perform your surgery:

- A copy of your medical history and physical exam
- EKG if applicable.
- Your insurance information/card and a photo ID. (Note: To save time, you may wish to pre-register at 763-577-7200 or online at www.westhealth.com.)
- Please do not bring any valuables, such as jewelry, watches or money.
- Please remove all body piercings prior to arriving at the surgery center.

after your surgery

When your surgery is complete, you will be taken to the Post Anesthesia Care Unit. Once you've recovered you can return home, typically one or two hours after surgery. You must have a ride home from a family member, friend or private ambulance. Taxis are not permitted. For your safety and the safety of others, this rule is very strictly enforced. Once home a responsible adult must stay with you for the first 24 hours.

24 hours following surgery

To ensure a rapid, healthful recovery, please follow the following guidelines for the first 24 hours after your surgery:

- Eat lightly.
- Rest. Avoid strenuous activity and exercise.
- Do not return to work. (Your surgeon might advise you to stay off work for longer than 24 hours.)
- Avoid alcoholic beverages, sedatives and tranquilizers.
- Don't drive, use power tools or make important decisions.

Urgent Care

Imaging

Women's Imaging

Lab

Same-day Surgery

Plastic Surgery

Physician Clinics



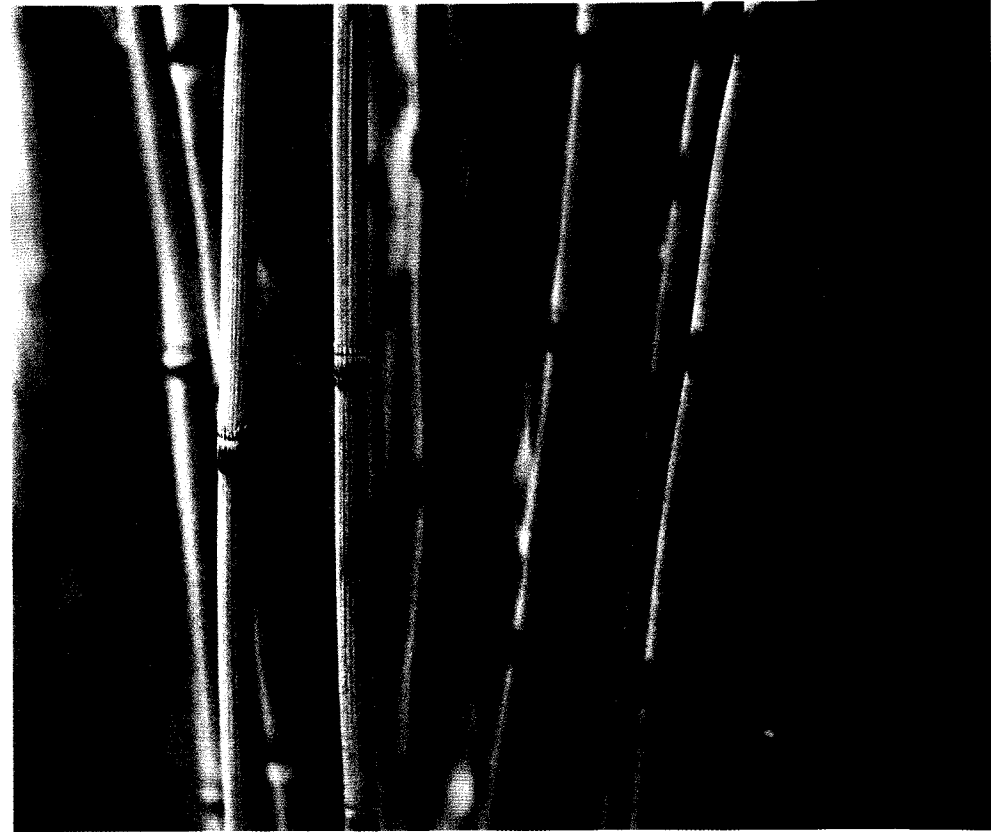
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surgery a guide for patients