

# Surgery Handbook

*for patients and families at Fairview Range Medical Center*



Please call the Registered Nurse in Surgery Education one to two weeks before your procedure and have your allergy and medication list ready.

 **FAIRVIEW  
RANGE MEDICAL CENTER**

218-362-6709 or toll free 1-877-362-6719

Fairview Range Medical Center | 750 East 34th Street | Hibbing, MN 55746 | [www.range.fairview.org](http://www.range.fairview.org)

# Surgical Services Providers



**Dr. Sandra Hanson**  
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**Dr. Dustin Lucarelli**  
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**Dr. Joe Skaja**  
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**Dr. Leo Hise**  
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**Dr. Paul Denoncourt**  
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**Dr. William Schnell**  
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**Dr. Samuel Harms**  
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**Dr. Ryan Reinking**  
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**Dr. Charlie Ahrens**  
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**Dr. Jordan Thompson**  
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**Dr. M. Jerry Mariano**  
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**Dr. Kristin Fredickson**  
Ear, Nose and Throat  
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**Dr. Phillip Mickelsen**  
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**Dr. Max Miranda**  
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**Dr. Brad Irwin**  
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**Dr. Lane Meyer**  
Gynecology/  
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**Dr. Elizabeth Jones**  
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**Dr. Henry Bong**  
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**Dr. Anthony Gonzales**  
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**Dr. Kyle J. Anderson**  
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**Dr. Cynthia Fok**  
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**Dr. Christopher Weight**  
Urology



**Dr. Ryan Novak**  
Urology

# Welcome to Surgical Services at Fairview Range Medical Center.

Thank you for choosing us to manage your care. Your comfort and safety are our main concerns. Our goal is to make your surgery experience as safe, convenient and pleasant as possible.

## Getting started

As you get ready for surgery, you may have many questions. This handbook will help you know what to expect before and after surgery.

You and your family are the most important members of your health care team. You will need to take an active role in your care. Be sure to ask questions and learn all that you can about your surgery. If you have any safety concerns, please tell a nurse right away.

A registered nurse will call you one to two weeks before your surgery to review your health history and surgery instructions

## Pre-surgery preparation

Your pre-surgery history and physical exam is scheduled with:

Dr: \_\_\_\_\_

Date & time: \_\_\_\_\_

Your surgeon's name is: \_\_\_\_\_ Phone #: \_\_\_\_\_

You are scheduled for: \_\_\_\_\_

Your surgery is scheduled at Fairview Range Medical Center:

Day & date: \_\_\_\_\_

Post-operative appointment date: \_\_\_\_\_

## Important things to do before surgery

### **Within 30 days of surgery**

Schedule an exam (History and Physical) with your family doctor. **This appointment is very important.** Your surgery may be cancelled if you do not keep this appointment. It must be within 30 days of your surgery date.

### **Tell your doctor if:**

- You have a pacemaker or ICD (cardiac defibrillator). Bring the ID card to surgery.
- You have an implanted stimulator (deep brain, bladder, spinal cord, etc.). Bring the remote control to surgery.
- You're a smoker. People who smoke have a higher risk of infection after surgery. Ask your doctor how you can quit smoking.

If you have diabetes, work with your doctor to control your blood sugar. If it's not well-controlled, we may need to delay surgery (or you may have problems healing afterward).

## Your admission time

We will call you by 5 pm the day before your surgery. If your surgery is on Monday, please expect a call on Friday. You may call admitting at (218) 362-6622 after 5 pm if we we're unable to reach you.

This handout is for information only. It does not replace the advice of your doctor. Always follow your doctor's advice. Please tell us if you need a language interpreter.



## Getting ready

Please call the Surgery Education nurse one to two weeks before your surgery.

Please have your **allergy and medication** list ready.

- 218-362-6709
- 877-362-6719 toll free

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

If you are diabetic, please ask your doctor about your insulin dosage.

**DO NOT** take vitamins or herbals for 2 weeks before your surgery.

**DO NOT** take medications containing Ibuprofen or Naproxen for 7 days prior to your surgery. Check with your doctor if Tylenol is safe to use.

Check with your regular doctor for

instructions if you take blood thinners such as Aspirin, Plavix, Coumadin, Xarelto or Pradaxa. If you are unsure of a medication, please ask your doctor.

Prepare for your arrival back at home by having light meals ready and your laundry done.

**DO NOT** get any new piercings or tattoos.

Check with your doctor on which medications to take the morning of your surgery.

For several days before your surgery, **do not shave or wax at or near the surgery site.** Shaving can irritate your skin and make it easier for an infection to start. If hair needs to be removed, the surgical team will remove it just before the surgery takes place.

If you have these within one to two weeks of surgery:

- Cold
- Sore throat

- Fever
- Skin Rash
- Cuts
- Scrapes
- Open Sores
- or any other illness

Please call your doctor's office immediately!

Please have a friend or family member to drive you home after surgery. They should stay with you for 24 hours after your discharge, or as directed by your doctor. You cannot drive a motor vehicle if you have received any medications to keep you comfortable.

You will not be allowed to drive home. If you take a taxi or bus, you need another responsible adult to ride with you.

***Your procedure will be cancelled if you do not have a responsible adult with you.***

We know that you would rather recover at home. If you will go home the same day, ask your driver to stay at the hospital. That way you can go home as soon as you are well enough to leave.

## Quitting smoking before surgery

Now would be a great time to quit smoking. Not smoking will help you heal more quickly and protect your future health.

A smoker's cough may put a strain on your wound. The nicotine in tobacco slows blood

flow to all areas of the body, especially the skin. This slows healing and may put you at risk for an infection around your wound.

Ask your doctor if you want help to quit smoking.

## Eating and drinking guidelines

For your safety, it is very important to follow your orders for eating and drinking. If you did not receive specific orders, use the guidelines below.

### Why this is so important

During surgery the muscles that keep food and liquid in the stomach will relax. If there's anything in the stomach—even a small amount—it may get into the lungs. This can cause a serious infection. We want to keep you safe. If you have even a small amount of food or drink after the allowed time, we may need to delay or cancel the surgery.

### When to stop food, liquids and medications

All foods and liquids—whether by mouth or the feeding tube—must be finished by the times noted below (unless you received special instructions). A nurse may call to explain the exact times you must stop eating and drinking.

- Eat and drink as usual until eight (8) hours before your arrival time. After that; no food, milk or chewing tobacco.
- Keep drinking clear liquids until two (2) hours before your arrival time. These are drinks you can see through, like water, clear juice and black coffee or tea (without milk or cream).

- Nothing by mouth within two (2) hours of your arrival time. This includes gum, candy and breath mints.
- Ask the care team if it's safe to take your medicine the day of surgery. If so, take it with a small sip of water.

## Showering before surgery

Take a shower the night before, and the morning of surgery using regular soap. If you were given special soap, follow these instructions:

***We work very hard to prevent infections in our surgery patients. For your safety, please carefully follow these instructions.***

### Supplies:

- 2 Newly laundered washcloths
- 2 Newly laundered towels
- Newly laundered pajamas
- Newly laundered bedding
- 2 Hibiclens packets
- Newly laundered clothing

## On the night before surgery

- Remove all your jewelry and body piercings. Leave these off until surgery is over.
- Open one of the Hibiclens packets. Shower your body from your neck to your feet using Hibiclens with a newly laundered washcloth. Use the entire packet. Be sure **NOT** to use the Hibiclens on your head, eyes, ears, and mouth; do **NOT** use on your private parts. Do not shave the area of your body where surgery will be performed.

- Include cleaning inside your belly button with a cotton swab.
- Be sure to rinse off all the Hibiclens.
- Dry your body with a newly laundered towel.
- Wear newly laundered nightclothes.
- Sleep in newly laundered bedding.

## On the morning of surgery

- Shampoo your hair with your usual shampoo.
- Open the second Hibiclens packet. Shower your body with the Hibiclens again, with a newly laundered washcloth. Use the entire packet. Be sure **NOT** to use the Hibiclens on your head, eyes, ears, and mouth; do **NOT** use on your private parts. Do not shave the area of your body where surgery will be performed.
- Be sure to rinse off all the Hibiclens.
- Dry your body with another newly laundered towel.
- Wear newly laundered clothing to the hospital.

## The day of surgery

Reminder:

- Do take medications your doctor told you to take with a **SIP** of water
- **DO NOT** chew gum
- **DO NOT** suck on candy
- **DO NOT** smoke
- Do follow the bathing instructions
- Do brush your teeth

Per anesthesia protocol, all menstruating females will be asked to give a urine sample on admission.



**It is very important** to arrive at the hospital on time with an individual over the age of 18. Enter the hospital through the North Entrance. Follow the signs to the Admitting office.

All children may have clear liquids until two (2) hours before arrival, but no solid foods or dairy. Breastfed infants may nurse up to four (4) hours before arrival time. Formula fed infants may be given a bottle up to six (6) hours before arrival time.

## Bring these items to the hospital with you:

- Your insurance card(s)
- **Money for co-pays** (for medicines or the surgery), if needed.
- A list of all the medicines you take. Include vitamins, minerals, herbs and over-the-counter drugs. Note any drug allergies.
- A copy of your advance health care directive, if you have one. This tells us what treatment you would want—and who would make health care decisions—if you could no longer speak for yourself.

- A case for any glasses, contact lenses, hearing aids or dentures. (We do provide denture cups if needed)
- Your inhaler, eye drops or CPAP machine, if you use these at home.
- Bring what you need to walk. Ex: cane, walker, crutches

## You are responsible for any items you bring to the hospital.

- **DO NOT** bring any alcohol, tobacco or street drugs.
- **DO NOT** use hair-sprays or lotions on the morning of surgery.
- **DO NOT** wear barrettes, hair clips, hairpins, make-up, or nail polish.
- **DO NOT** wear **any** jewelry and take out all body piercings **at home**.
- Wear loose, comfortable clothing and flat shoes. We will give you a hospital gown, robe and slippers. You may want to bring personal items such as toothbrush, toothpaste, hair brush or shaving supplies if you might be staying overnight.

## During your surgery

Family or friends may wait in the Patient & Family Waiting Area and watch TV. There are vending machines and coffee if they are hungry or thirsty. They can also visit the cafeteria, Mesaba Java Café, and the Gift Nook.

Your family or friends will receive a pager in the Admitting Office, along with a private number to help them track your progress on a monitor in the Patient & Family Waiting Area. This allows family members or friends to visit the cafeteria or the gift shop while they wait.

## After surgery

We will move you to a recovery room, where we will watch you closely. If you have any pain or discomfort, tell your nurse.

If you are staying overnight, we will move you to your hospital room when you wake up.

If you are going home, we will move you to another room. Friends and family may be able to join you. The length of time you spend in recovery depends on the type of medicine you received, your medical condition and the type of surgery you had.

Take it easy when you get home. You will need some time to recover. You may be more tired than you realize at first. Rest and relax for at least the first 24 hours at home. You'll feel better and heal faster if you take good care of yourself.

## Going home

We will let you know when you're ready to leave the hospital. Before you leave, we will tell you how to care for yourself at home and prevent infections. If you do not understand something, please say so. We will answer any question you have and help you get ready to leave.

You must have an adult with you for the first 4-24 hours depending on the type of anesthesia after you leave the hospital, as told by your doctor.

## Dealing with pain

A nurse will check your comfort level often during your stay. They will work with you to manage your pain. Remember:

- All pain is real. There are many ways to control pain. We can help you decide what works best for you.
- Ask for pain medicine when you need it. Don't try to "tough it out"—this can make you feel worse. Always take your medicine as ordered.
- Medicine doesn't work the same for everyone. If your medicine isn't working, tell your nurse. There may be other medicines or treatments we can try.



## Pediatric Surgery

### Before your child's surgery

#### Getting ready for surgery

Ask your surgeon for information based on your child's age group. Go over the information with your child before the day of surgery.

All children may have clear liquids up to two (2) hours before arrival, but no solid foods or dairy.

Breastfed infants may nurse up to four (4) hours before arrival time. Formula fed infants may be given a bottle up to six (6) hours before arrival time.

### Illness, medications, allergies

If your child gets a cold, cough, fever, or other illness within 1-2 weeks before surgery, please call your doctor.

If your child takes medicine, ask your care team if it's safe to take on the day of surgery. If so, give it with a small sip of water.

**DO NOT** give medicine with pudding, applesauce, yogurt or other foods.

Tell the nursing staff and your doctor of any allergies your child may have.

## To the parents or legal guardians

Parents or guardians may stay with the child **before and after** surgery.

Children may also bring a **CLEAN** toy or blanket.

Any child under the age of 18 must have a parent or legal guardian sign the consent form. Make sure a parent or legal guardian can consent (agree) to surgery in person or by telephone before surgery. Guardians must bring legal proof of guardianship.

### **For children 10 and under, two adults are needed to take a child home after the surgery.**

One person can give their full attention to caring for the child while the other drives.

Please call with any questions. We want to make surgery as comfortable as possible for you and your child.

You will want to meet with the anesthesiologist. This is the doctor who will talk with you about the safest sleep plan for your child.

## What to expect after surgery

After surgery, we will take your child to the PACU (post anesthesia care unit) to wake up. Each child and surgery are different, so the length of time spent in the PACU varies.

While in the PACU, a nurse will check your child's temperature, pulse, breathing and blood

pressure. The nurse will watch your child closely. If your child is in pain, we will give medicine as needed.

Your child may have an IV (intravenous line) in their hand. This is a tiny flexible tube. We will give fluids and medicines through the IV until your child can drink on their own.

Once awake enough and feeling ready to drink, your child may start with some ice chips or clear liquids.

Your child may feel sleepy from the sleep medicine. This is normal. Other side effects include:

- Irritable or dizzy
- Upset stomach
- Muscle aches and pains
- Sore throat (if a tube was used to help breathing)

These may last for a day or two. Please tell your nurse if you notice any other side effects.

Your nurse will review your discharge instruction, so you'll know how to take care of your child at home. You'll receive these in writing as well.

If your child stays overnight, they will stay in the PACU until vital signs are stable and room is ready. This room is private. You may want to bring some of the child's favorite items: pacifier, blanket, stuffed animal, books, electronic devices (with headphones).

## How can I help my child recover?

Keep things simple.

- Plan to spend time with younger children, keeping them busy. Older children may want quiet time alone, but they also need to know you are there if they need you.
- Have your child rest and take naps. You might even lie down with your child.
- Offer quiet, restful activities like:
  - Reading together or watching movies
  - Arts and craft projects
  - Word searches, crossword puzzles and other quiet games
  - Talking to friends on the phone
  - Having friends over to watch a movie (for older children)
- Make favorite foods to help your child start eating again.
- Ask yes-or-no questions.
- Don't overwhelm your child with guests.
- Your child may feel pain while healing. To speed healing, it's important to manage the pain. Follow the doctor's orders for giving pain medicine.

## Stop infection before it starts!

Your doctors and nurses work hard to keep your surgery site healthy. But we need you to do your part too. The following actions are very important, so PLEASE:

- **DO NOT** shave or remove the hair near your surgery site for several days before your surgery.
- **Carefully** follow any instructions about bathing before surgery.
- **Wash** your hands before touching your wound or dressing.
- **Quit smoking.**

## Important telephone numbers

### Fairview Range Medical Center

(218) 262-4881 or toll free (888) 870-8626

- **Surgery Education Nurses**  
(218) 362-6709 or toll free (877) 362-6719
- **Admitting Department**  
(218) 362-6622
- **Same Day Surgery Unit**  
(218) 362-6705
- **Emergency Department**  
(218) 362-6621

Thank you for choosing to have your surgery at Fairview Range!

# Fairview Range Medical Center

## Directional Map

**From Grand Rapids:** Follow Hwy 169 through Hibbing, turning left (north) at the Hwy 169/73 junction. At the 37th Street stoplights, turn left again (west) and follow 37th Street to Mayfair Ave. Turn right on Mayfair.

**From Virginia:** Follow Hwy 169 through Hibbing, watching for the Fairview Range Medical Center entrance sign on your right (34th Street). Turn right and follow 34th Street to Fairview Range Medical Center North Entrance and parking area.

## Surgical Patient Parking

Day surgery patients should use the North Entrance and adjacent patient/visitor parking area. Overnight surgical patients should use the patient/visitor parking area on the west side near the West Entrance. When coming to the hospital admitting department at Fairview Range, please use the North Entrance. Walk straight ahead through both sets of sliding glass doors until you reach the Information Desk (near the gift shop). If the Information Desk happens to be vacant, please follow the overhead signs to the left to find Admitting.

