



Thank you for choosing Specialists in General Surgery. Several steps must be taken to prepare for your surgery, and we have organized these items and other information below.

**Let us know your preferred communication method – text message, email, or phone call. We will communicate with you throughout the scheduling process. Please ensure we have your correct contact information before leaving today.**

## Materials or information provided to help you understand your next steps:

### Handouts and instructions provided today:

- Your Care Journey handout: Information on your surgery journey and how to obtain cost estimates.
- Pre-operative history and physical handouts for your primary care clinic

### Communication of surgery date and post-operative appointment:

We will text, email or call with your surgery date, location, and follow-up clinic visit, also referred to as your post-operative appointment.

## Things you MUST do for your surgery to occur and to improve your surgical experience, outcome, and recovery:

### ✓ Pre-Operative History and Physical with Your Primary Care Provider

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Once you have been informed of your surgery date, schedule your pre-operative history and physical appointment with your primary care provider. This appointment can be scheduled **up to 30 days before** your scheduled surgery date; however, we recommend it take place at least two weeks before your surgery date in case additional tests are needed. Please note, **DO NOT** schedule a preoperative history and physical appointment until your surgery has been scheduled. If you do not schedule your history and physical, your surgery may be rescheduled.

### ✓ COVID-19 Test (If required)

Your COVID-19 home test needs to be performed \_\_\_\_\_ **days** before surgery.

Self-isolate immediately following the COVID-19 test until your scheduled surgery. If you have an active infection, your procedure may need to be rescheduled.

### ✓ Prepare for Surgery

Date: \_\_\_\_\_ Location: \_\_\_\_\_

You also will be contacted by the **surgical facility** in advance of your procedure to confirm date, time, arrival time, pre-surgical instructions, and answers to general health or screening questions.

Please be sure to follow any pre-operative instructions from your surgeon or primary care provider.

Take 1000 mg of Tylenol 24 hours before surgery unless either of these conditions exists:

1. If you have a Tylenol allergy **DO NOT TAKE TYLENOL.**
2. If you are on another medication that contains Tylenol, please **DO NOT TAKE** additional Tylenol.

## ✓ Attend Your Post-Operative Visit

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

This visit is with our provider to make sure you are recovering as expected following your procedure and to answer any questions you may have. Your visit may be virtual, over the phone, or in person, and there may be a fee associated. The type of visit is determined by your surgeon.

After surgery you will receive discharge and post-operative instructions. Read through this information for more details on follow-up care recommendations.

## ✓ Call with Questions or Changes in Your Health Condition: 763-780-6699

Call our office before surgery if you have any changes in your condition or start to experience any COVID-19 symptoms (cough, shortness of breath, fever, chills, headaches, sore throat, muscle pain, loss of taste or smell).

### Summary of Your Next Steps:

1. **Watch** for a text, email, or phone for call from us with your date and location of surgery.
2. **Schedule** your history and physical within 30 days of surgery. Call your primary care clinic for this appointment.
3. **Complete** your home COVID-19 test before surgery, if required.
4. **The surgical facility will call you** 1-2 days before surgery to provide arrival time and other instructions for the day of surgery.
5. **Attend** your post-op appointment approximately 2 weeks after surgery or as directed by your surgeon. If a post-op appointment has not been scheduled for you, please call our office to schedule or discuss further.



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