



# PATIENT SURGERY GUIDE



*"Exceeding Expectations"*



# Welcome to Ridges Surgery Center



*We are conveniently located on the 4th floor of the  
Fairview Ridges Specialty Care Center*

Thank You for choosing Ridges Surgery Center (“RSC”) as your provider for your surgery. We understand that having surgery can be very stressful. With this informational guide we hope to prepare you for what to expect before, during, and after your procedure.

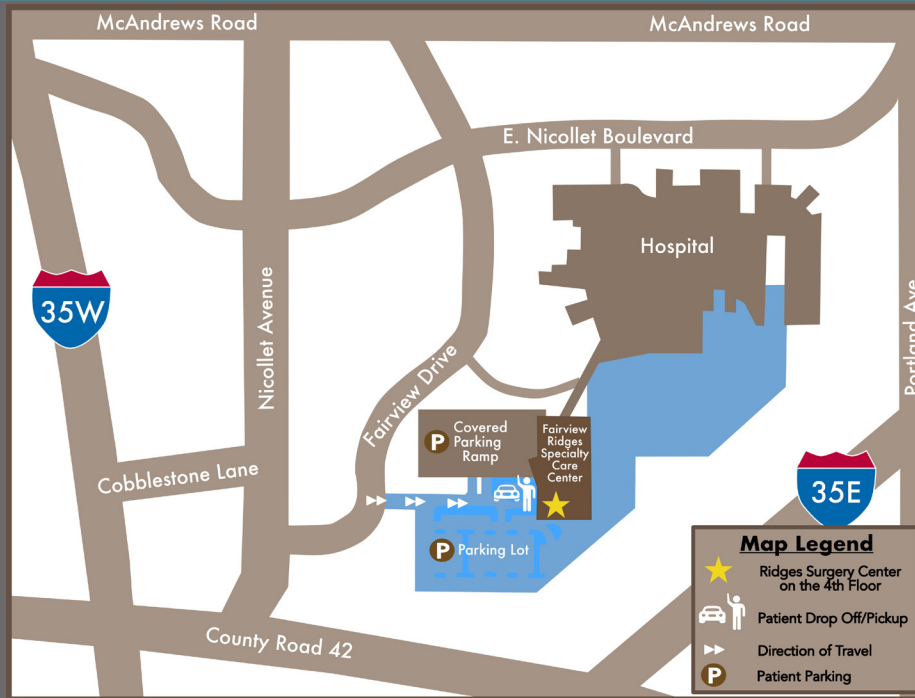
RSC is a independent, same day, outpatient surgery center that provides an inviting, friendly, outpatient atmosphere. Our professionally trained staff is committed to providing high quality, patient centered care.

We appreciate the opportunity to care for you and your loved ones. We realize that surgery can be a very anxious time for you, and we would like to make your experience as comfortable as possible.

Ridges Surgery Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Attention:** If you speak a language other than English, language services, free of charge, are available to you. Call (952) 658-8000 to find out more.

# DIRECTIONS



## From 35W North

- Take 35W South to County Road 42.
- Turn left (East) onto County Road 42.
- Travel approximately 1/2 mile to Nicollet Ave and turn left.
- Follow Nicollet Ave and turn right onto Fairview Drive.
- Turn right to the Fairview Ridges Specialty Care Center.

## From 35E North

- Take 35E South to County Road 42.
- Turn right (West) onto County Road 42.
- Travel approximately 1/2 mile to Nicollet Ave and turn right.
- Follow Nicollet Ave and turn right onto Fairview Drive.
- Turn Right to the Fairview Ridges Specialty Care Center.

## From 35 South

- Take 35E North to County Road 42.
- Turn left (West) onto County Road 42.
- Travel approximately 1/2 mile to Nicollet Ave and turn right.
- Follow Nicollet Ave and turn right onto Fairview Drive.
- Turn Right to the Fairview Ridges Specialty Care Center.

## Parking

- Free parking is conveniently available in the uncovered and covered parking lots.
- Enter the Specialty Care Center through the main entrance and take the main elevators to the 4th floor, Suite 400.

# BEFORE SURGERY

## Pre-Surgical History and Physical Examination

- ▶ Exam must be completed within 30 days of your scheduled surgery date.
- ▶ Please have your physician fax your results, including any xray images and lab work to us at (952) 898-3482.

## Pre-Surgical Phone Call

- ▶ 1 to 2 days before your scheduled surgery, a Pre-Surgical RSC Nurse will contact you regarding the following:
  - Arrival Time
  - Surgery Time
  - Pre-Surgical History and Physical
  - Special Instructions
  - Interpreter services that are available
- ▶ The nurse will give you instructions on when you need to stop eating, drinking, chewing gum, chewing tobacco, smoking, and using any nicotine products before your surgery.
- ▶ Please call us at (952) 658-8000 if you have not been contacted 24 hours prior to surgery.

*For your safety, it is important to follow these instructions or your surgery may be delayed or cancelled.*



# DAY OF SURGERY

- ▶ To help you keep track of all the items you need to do before, during, and after surgery, we have included a checklist in this guide.
- ▶ Please make sure to follow the instructions given to you by the Pre-Surgical Nurse, as well as the items on the checklist.
- ▶ Arrive at least 60 minutes before your scheduled surgery time to allow for registration, and pre-operative preparations.
- ▶ Bring a photo ID, insurance card, and any necessary payments. (Worker compensation cases must provide all claim information, including date of injury.)
- ▶ Before heading back to the operating room your nurse, surgeon, and anesthesiologist will evaluate you.
- ▶ Please ask questions or communicate any concerns regarding your surgical procedure before heading back to the operating room.



# RECOVERY FROM SURGERY

- ▶ After surgery you will be taken to the recovery room for your recovery and observation.
- ▶ It is important to have a responsible adult with you for 24 hours following your procedure. They will receive your home care and discharge instructions, as well as information regarding your recovery course.

## Follow-Up Call

- ▶ You will receive a follow-up call on the next business day from a RSC Nurse to see how you are recovering. However, if you are a Cataract patient, you will receive your follow up by your surgeon in their office.
- ▶ If you have any immediate needs or concerns, please call your surgeon. If it is an emergency, please call 911.



## FOR CHILDREN

- ▶ If you wish to visit our facility prior to surgery, please call us at (952) 658-8000 to set up an appointment.
- ▶ Bring a bottle or sippy cup for after surgery, as well as, any comfort items (favorite blanket, stuffed animal, etc.).
- ▶ A parent/legal guardian must wait in the family waiting room during surgery in case the surgeon, nurse, or anesthesiologist needs to contact you.
- ▶ When the surgery is completed, the surgeon will meet with you to discuss your child's procedure. You will be reunited with your child as soon as possible after surgery.



# SURGERY CHECKLIST

- ☐ Completed Pre-Surgical History and Physical examination by your primary physician within 30 days of your surgery.
- ☐ Make arrangements to have a responsible adult with you before, during, and after surgery. This person will receive your discharge and care instructions, drive you home, and stay with you for 24 hours after surgery.
- ☐ Shower the night before surgery or in the morning.
- ☐ You may brush your teeth the morning of surgery.
- ☐ Wear loose, comfortable clothing.
- ☐ Remove all jewelry, including all piercings. Leave at home.
- ☐ Bring glasses and hearing aids. Do not wear contacts.
- ☐ For cataract patients, bring eye medications. No Makeup.
- ☐ No perfume/cologne/lotion/make-up/hair products.
- ☐ Remove nail polish or artificial nails.
- ☐ If applicable, take blood pressure, heart, and seizure medication with small sips of water the morning of surgery. *(If your doctor allows)*
- ☐ Bring your photo ID, insurance card, prescription card, any payments, and call your insurance company prior to surgery date with any billing questions.
- ☐ Consult your physician regarding your insulin or any other medication questions.
- ☐ Arrive at least 60 minutes before your scheduled time.

## Eating and Drinking Instructions

### Adults:

- ☐ No solid foods 8 hours before surgery. *(This includes chewing gum)*
- ☐ You may have small sips of plain black coffee (No cream or sugar) or small sips of clear liquids until 2 hours prior to surgery *(Black coffee, water, apple juice (no pulp, no cider), Pedialyte, Gatorade, Powerade).*

### Pediatrics:

- ☐ No solid foods and formula 8 hours before surgery. May have breast milk 4 hour before surgery.
- ☐ Small sips of clear liquids until 2 hours prior to surgery *(Water, apple juice (no pulp, no cider), Pedialyte, Gatorade, Powerade).*

## Nicotine Products and Smoking Instructions

- ☐ No Tobacco, No Alcohol, No Nicotine 24 hours before surgery. *(Includes chewing tobacco/gum, smoking, e-cig, etc.)*

*For your safety, it is important to follow all of the instructions outlined in this guide, unless stated otherwise by your RSC Pre-Surgical Call Nurse.*

# CONTACT US



**14101 Fairview Drive, Suite 400  
Burnsville, MN 55337**



**Main:** (952) 658-8000

**Fax:** (952) 898-3482

**Billing Office:** (612) 424-8092

## Payments Accepted



*(Personal, Certified, Cashiers, Money Order)*

For additional information, please call (952) 658-8000

For billing questions and inquiries, please contact  
our corporate billing office at (612) 424-8092 or email  
[AccountResolution@scasurgery.com](mailto:AccountResolution@scasurgery.com)

Find us on 

[facebook.com/ridgessurgerycenter](https://facebook.com/ridgessurgerycenter)

[www.RidgesSurgeryCenter.com](http://www.RidgesSurgeryCenter.com)