

Welcome to Northwoods Surgery Center

We are pleased that you have chosen Northwoods Surgery Center for your surgery or procedure. The physicians and staff are dedicated to providing high quality, cost-effective and compassionate surgical care to our patients and families. Our caring and trained professional staff offer superior quality surgical care in a friendly, stress-free and home-like setting in our outpatient center. We value your personal choice for surgical care and strive to exceed your expectations. As we focus on your individual needs, we encourage you to share any preferences, concerns or special considerations to help us provide you with the best possible care.

Amenities and Surgical Procedures

Northwoods Surgery Center includes two operating rooms, a procedure room, examination room, preoperative/recovery areas and a large reception area. Some of the procedures available at Northwoods:

Podiatry, Gastroenterology, Pain Management, Ophthalmology, Orthopaedic, ENT, Hand, and General Surgery.



NORTHWOODS
SURGERY CENTER

502 North 6th Avenue W.
Virginia, MN 55792

Billing Questions:

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[Facebook.com/Northwoodssurgerycenter](https://www.facebook.com/Northwoodssurgerycenter)



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Your Surgery

Patient Information

After your surgery has been scheduled, a registered nurse will contact you to review your prior medical history for preoperative planning.

To ensure your surgery/procedure can be performed, please follow these safety rules:

Food and Drink: Do not eat or drink anything after midnight the night before your surgery, including water, juice, coffee, chewing gum, mints, etc. Do not drink alcoholic beverages or take recreational drugs 48 hours prior to surgery.

Smoking: Do not smoke immediately before or after your surgery/procedure.

Aspirin: Do not take aspirin products for one week before and after surgery/procedure unless otherwise instructed by your physician.

Your Health: Notify your physician of any change in your physical condition, such as cold, fever, sore throat, rash or flu.

Clothing: Wear comfortable, loose fitting clothes that are easy to slip on and off.

Valuables: Leave jewelry, watches and other valuable at home.

What to bring: Bring your ID, insurance card(s) and/or expected means of payment (when appropriate), as well as any advance directive, healthcare power of attorney or applicable guardianship papers. Prostheses, contact lenses, hearing aids, jewelry, body piercing, wigs, hairpins, makeup etc., will be removed before entering the operating room. Bring along reading glasses and appropriate storage containers for these items, they will be given to your driver for safe keeping. Feel free to bring an electronic device (such as a kindle or iPad) for your entertainment.

Your Escort: Your safety requires you to have a responsible adult accompany you to the surgery center and back home after surgery.

If your surgery necessitates general anesthesia, please make arrangements to have a responsible adults stay with you for 24 hours following your surgery.

Children: If your child is to undergo surgery, bring along a favorite small, soft toy or blanket. All minors must be accompanied by a parent or guardian. The parent or guardian must remain on the Surgery Center premises at all times.

Day of Surgery/Procedure Pre-Operatively

Do not use lotions, gels, hairspray, cologne, perfume, deodorant, or powders the day of surgery.

You will change into a patient gown and a nurse will prepare you for surgery. A Certified Nurse Anesthetist will discuss the anesthesia plan with you and answer any questions you may have.

Post-Operatively

Following your surgery, you will be transferred to recovery where the specially trained nursing staff will monitor your recovery. All of our recovery nurses are certified in Advanced Cardiac Life Support (ACLS), and Pediatric Advanced Life Support (PALS).

Recovery and discharge time will vary depending on the type of surgery performed and/or anesthesia administered.

When You Get Home

Written and verbal discharge instructions will be provided for post-operative recovery. Please follow these instructions regarding diet, rest, activities and medications for a speedy recovery.

It is common to feel drowsy, dizzy or nauseous following anesthesia. These are normal side effects of anesthesia and may last for 12 to 24 hours after surgery.

Please do not engage in driving or operating machinery, smoking, consuming alcoholic beverages or making important personal/business decisions for at least 24 hours after your procedure.

If you experience unexpected severe pain, heavy bleeding or a temperature greater than 101 degrees Fahrenheit, contact your surgeon or go to the emergency room.

