

FREQUENTLY ASKED QUESTIONS IN THE MIDDLE OF THE NIGHT

It is impossible to anticipate and answer all the questions that you might have, however many patients have asked these questions in the past. While the answers here must be fairly general, we hope you can find some good information. If you still need more information be sure to write down your questions and ask them at your next appointment. As is always the case, if you are having an emergency situation you will need to call 911 or make other arrangements to handle the emergency. Dr. Lundquist is available to answer your medical questions by calling (952) 746-6998. Business questions will be best answered by the office staff during normal business hours, which are 9:00am - 4:30pm Monday - Thursday. The office is closed Fridays, Saturdays and Sundays.

MEDICAL QUESTIONS

1. What do I do if my bandages get wet?

- a. *Most of the time bandages are to be kept clean and dry for 24 to 48 hours. Quick showers are allowed, but you shouldn't soak in a tub. If the bandage is obviously too wet, it should probably be carefully changed. If there are Steri-Strips ("butterfly") tapes on, leave them on. You can use surgical gauze, sanitary pads, or cut-up disposable baby diapers. You CAN'T change a bandage that is stitched in place. Leave that one alone.*

2. What do I do if my bandage falls off?

- a. *Again, most bandages should be kept clean, dry, and on for 24 to 48 hours. You can repair a loose bandage with extra tape. Small dressings can either be left off or replaced carefully if you can. Use surgical gauze, sanitary pads, or cut-up disposable baby diapers as available. If there are Steri-Strips ("butterfly") tapes on, leave them on.*

3. What do I do if my pain medication isn't working?

- a. *Pain is very subjective, impossible to predict for any patient or procedure, and yet expected to some degree for most procedures. Pain medications are prescribed to help "take the edge off" of your pain. No medication will totally remove all your pain. Patient response to pain medication is extremely variable and also unpredictable. Another problem is that most pain medications also have a lot of bad side effects for many patients – most notably nausea. The first thing to do is check that your bandages aren't too tight, that you aren't hanging arms, legs, or heads down when they should be elevated, or that you just aren't doing too much too soon. Pain prescriptions should be taken as directed. Don't take too much, but take enough. Sometimes taking the medicine more regularly is better than waiting for the pain to become unbearable. Expect that pain issues are often worse at night*

and are often worse during the first few days after surgery and will get better. Any allergic reactions like swelling, rash, hives, or difficulty breathing absolutely mean you can't take more of that medication and may represent an emergency. Side effects like nausea or "spaciness" may be diminished by taking smaller doses more frequently or by taking the pills with food. Try taking Tylenol, up to 1000mg, if you can. Ice compresses over a towel (on for 10-15 minutes every hour) can sometimes help to decrease pain, but be sure to keep your bandages dry! You will have to decide if you need to call Dr. Lundquist. He is available to answer your questions by calling (952) 746-6998.

4. What do I do if my incision/wound is red, or open, or draining?

a. It is NORMAL to have a little bit of redness or slight draining with any incision or wound. It is a question of how much is normal! If you are feeling sick or running a fever (temp > 101) it is probably more serious. "Spots" of yellow drainage might be normal. "Cupfuls" of pus are not. Most of the time warm, moist compresses (washcloths from the sink) can be applied to help the situation resolve by either settling down or draining out on its own. Use them for 5-10 minutes several times a day. DON'T use heating pads. DON'T put towels in the microwave. Call Dr. Lundquist if you have further questions. He is available to answer your questions by calling (952) 746-6998. Have your pharmacy number available if he needs to order antibiotics for you.

5. What do I do if my incision is swollen or black-and-blue?

a. Small amounts of bruising and swelling are expected with most surgeries. These often show up below your incision as gravity pulls everything down. Bandages often help to control this and should be left clean, dry, and in place. Hands, feet, or heads should be elevated if appropriate. Activity levels should be restricted. Cold compresses over a towel (10-15 minutes on every hour) can help, but keep your bandages dry! Significant swelling ("2 times normal") can be serious, especially if accompanied with pain and bruising. Call Dr. Lundquist at (952) 746-6998.

6. What do I do if I'm nauseated?

a. Many patients have some nausea after surgery. Most often it is related to the anesthesia drugs that were used and will get better in a day or 2. Many other patients also suffer with nausea from the pain medications that were ordered. In general, try to take in enough fluids to stay hydrated. Try to eat light foods, soups, etc. that you know you normally can tolerate.

Reduce the amount of pain medication you are taking if possible. Take Tylenol, up to 1000mg, instead. Many moms have recommended toast, crackers, “defizzed” ginger ale or 7-Up, fruit juices, and hot tea, and those things can help. In severe cases anti-nausea medications can be ordered. Call Dr. Lundquist at (952) 746-6998 and have your pharmacy number available.

7. What if I “get sick” before my surgery?

a. It is impossible to answer this question completely here, but you must use your common sense. You don’t want to undergo surgery of any kind if you are sick. It can be a question of severity, however. Minor “sniffles” or a little cold are one thing. High fever, nausea, and others can definitely be a contraindication to surgery. You might need to see your primary care doctor to help sort this out. Be sure to call as soon as you can if you think you might have to cancel surgery.

8. I’m afraid of getting my stitches out. Does it hurt? Can I do it myself?

a. It is easy to say, but don’t worry about having your stitches removed. Yes, you feel it, like pulling on your hair, but it usually doesn’t really hurt. That’s why we have made an appointment for you early after your surgery. If you leave stitches in “too long” they will get a little more difficult to remove. Dr. Lundquist prefers to take out your stitches himself whenever possible so he gets the chance to look at the wound, talk with you, and go over results if they are available. It usually isn’t a good idea to try to take out your own stitches.

9. What if I need to get a hold of the doctor?

a. Dr. Lundquist usually takes call for his patients 24-7 and is available through the office or the answering service at (952) 746-6998. The exceptions would be vacations, out-of-town meetings, and the occasional day off. His office staff is available during normal business hours to answer some of your questions. It is appreciated if you can make your calls to the doctor during the day if possible, too!

OFFICE QUESTIONS

1. What are the normal business hours?

a. Office hours are usually 8:00 AM to 4:30 PM Monday through Friday. Dr. Lundquist prefers to use (952) 746-6998 for all office communications and questions. The office personnel at all of his offices use this one number as a central site. Cambridge Medical Center appointments are made at (763) 689-7700 and ask for Clinic C.

2. Do I need a consultation?

a. In general, every patient must first be seen for a consultation visit. During this visit Dr. Lundquist will take your history, examine you, and outline the options that you will have for treatment.

3. Will my surgery be done at my first office visit?

a. Most commonly your first visit will consist of your exam and discussion of options for treatment. There won't be time for a procedure, even a minor one. Surgery, with all of its details, will be scheduled at a convenient time and place for you whenever possible.

4. What if I have questions about my bill?

a. These questions will have to be answered during normal business hours. Dr. Lundquist has no access to your records from home. If the office staff cannot answer your questions they will help you contact the appropriate people in the business offices of Kaleidoscope, a private company that is handling all of the billing.

5. Will my surgery be done in the office?

a. Dr. Lundquist does perform minor surgery procedures in the offices when it is safe and effective to do so. Minor surgery is defined as requiring local anesthesia only ("Novocain") and taking less than 1 hour. When you need more anesthesia or if procedures are more complicated, the facilities at local hospitals or surgery centers are utilized.