

Welcome To Lincoln Surgical Hospital



Pre-Op Call:

Pre-Op phone call with nurse date and time: _____

You will receive a *text or call to schedule a 15-30 minute phone call with a nurse before your surgery.*

Please write this scheduled appointment in your calendar, as this call needs completed before surgery. Have a list of medications, allergies, and health history ready for the call. Use this packet to take notes!

My Surgery:

Date: _____

Surgeon: _____

Arrival time: _____

*If your time changes we will call you the day before surgery.
Make flexible plans for a ride.*

Address: 1710 S. 70th Street, Lincoln NE 68506

*Please arrive at **Entrance C** and proceed to the Admissions desk.*

*If you have any questions, call Monday-Friday 8am to 5pm.
Call 402-484-0960 - we will get back to you within 24 business hours.*

**We look forward to taking care of you
and your family!**

Before Surgery

Medications: Follow the instructions from your phone call.

- **Blood thinner, anti-platelet or slickers:** talk to the surgeon or physician that prescribed that medication for instructions on stopping, if needed.
- **Diabetic medication:** DO NOT take oral diabetic medications the morning of surgery.
* * If you take insulin please contact your primary care provider for instructions.
- **Diuretics (water pills):** DO NOT take the morning of your surgery.
- **Herbal supplements/vitamins** stop 2 weeks before surgery
- **7 days/ 1 week before surgery, stop:**
 - Weight loss medications
 - Over-the counter medications (OTCs)
 - Anti-inflammation medication (ibuprofen, meloxicam or Celebrex) talk to your surgeon

Stop before surgery: _____

Take the morning of surgery: _____

Eating and drinking instructions:

- Brush your teeth the morning of surgery, but do not drink any additional fluid.
- You may take your allowed medications with a small sip of water.

Midnight: No solid food after midnight the night before surgery including candy, mints, or gum.

Clear Liquids: You may drink clear liquids up to 2 hours before your arrival time. See pre-procedure eating and drinking instruction page for more specifics.

Other Instructions:

- No contacts: glasses are acceptable
- Do not shave operative area for 48 hours before surgery
- No body piercing or jewelry, must be removed or may be cut off.
- No nail polish or makeup
- Stop any smoking, vaping, and chewing at midnight before your surgery.
- No illicit drugs or alcohol for 24 hours before your surgery.
- If instructed, take Chlorhexidine Gluconate (CHG) showers the night before and the morning of surgery. If you cannot find CHG or are allergic, use antibacterial dial soap.
- Have a responsible party to drive you and stay with you for at least 24hrs
- If you become ill or have any type of infection (Cold, flu, fever, diarrhea, vomiting) contact your surgeon.
- If you have any cuts, scrapes, wounds or any other open areas on your body, please contact your surgeon's office as your surgery may need rescheduled.

***Failure to comply with any of these instructions may result in the cancellation of your surgery.

Day of Surgery

Here are the items you need to bring with you on the day of your surgery.

- Bring medication(s) in original container(s)
- Drivers license or other ID card
- Insurance Card(s), including Medicare cards
- Prescription Card(s)
- Assistive walking devices
- If applicable: your home CPAP/Bipap machine
- Advance directive (POA, living will, guardianship papers)
- Wear comfortable clothes

*** Leave all other valuables at home ***

Pre-procedure Eating and Drinking Instructions

WHAT YOU CAN EAT OR DRINK	DETAILS
<p>Before Midnight</p> <p>No Restrictions unless specified by the surgeon</p>	<p>It is OK to eat any food and drink unless specified by the surgeon</p>
<p>12 a.m. Midnight</p> <p>Do NOT smoke, vape or chew on the day of your procedure. Starting at midnight, no solid food, including candy, mints, or gum.</p>	
<p>Up until 2 hours before you arrive</p> <p>Clear liquids ONLY</p> <ul style="list-style-type: none"> • No dairy, milk, cream or protein products • No solid food of any kind 	<p>You CAN have these clear liquids:</p> <ul style="list-style-type: none"> • Apple juice • Black coffee (No milk or coffee creamer) • Crystal Light® • Clear carbohydrate drinks such as Gatorade®, Clear Fast® • Plain Jell-O® • Popsicles • Soda/pop • Tea • Water
<p>Starting 2 hours before you arrive</p> <p>DO NOT eat or drink anything</p>	<p>DO NOT eat or drink anything during this time. This includes any liquid, any solids or candy.</p>

Example if you are asked to arrive at the hospital at 8 a.m.

