

Welcome to Lincoln Surgical Hospital!

Thank you for choosing us! We will have “exceptional people providing extraordinary care” during your stay with us.

Our goal is to help decrease the anxiety that comes with having surgery by answering your questions, preparing you for what to expect, communicating to your family and getting you home to recover so you can get back to your normal day-to-day life.

Our recent accomplishments and awards from Healthgrades® include:

- ★ One of America’s 50 BEST HOSPITALS for OUTPATIENT ORTHOPEDIC SURGERY
- ★ Recipient of OUTPATIENT JOINT REPLACEMENT EXCELLENCE Award
- ★ Recipient of OUTPATIENT ORTHOPEDIC SURGERY EXCELLENCE award
- ★ Recipient of the OUTSTANDING PATIENT EXPERIENCE Award
- ★ 5 STAR Recipient for OUTPATIENT TOTAL KNEE REPLACEMENT



Thank you for putting your trust in us!

A handwritten signature in black ink that reads "Robb Linafelter".

Robb Linafelter, CEO



|| Welcome



Welcome _____!

Your _____ by Dr. _____
is scheduled for _____
at **Lincoln Surgical Hospital @ 1710 S. 70th Street, Lincoln NE 68506.**

Please arrive at _____ at Entrance C and proceed to the Admissions desk as you walk in — we will be expecting you.

Please bring your driver's license, insurance card(s), prescription card(s) and your medications.

Between class and your surgery, if you have any questions, feel free to call Monday-Friday, 8am to 4:30pm at 402-484-0884 and leave a message — we will get back to you within 24 hours during business hours.

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

For Total Knees Only:

Make PT appointment:

Things to do: _____

|| Night Before Surgery

Medications:

- Blood thinner or slickers: If you are on any type of blood thinners, talk to the physician that prescribed that medication for instructions on stopping it if needed prior to your surgery date.
 - Other: _____
 - Diabetic medication: DO NOT take oral diabetic medication the morning of surgery.
* * If you take insulin in the morning, please contact your physician for instructions.
 - Diuretics (water pills): DO NOT take water pills (diuretics) the morning of your surgery
 - 7 days/ 1 week before surgery, stop:
 - Herbal supplements/medications
 - Weight loss medications
 - Over-the-counter medications (OTCs)
 - Anti-inflammation medication like Ibuprofen, Meloxicam or Celebrex. Talk to your physician.
 - Other: _____
 - Take the morning of surgery: _____
-

When to stop eating and drinking before surgery:

_____ Food: No solid food after midnight the night before surgery

_____ Nothing to drink after midnight

_____ Clear liquids: You may drink clear liquids up to 2 hours before your arrival/admission time. Water, apple juice, black coffee (no cream or sugar), tea or sports drinks. Do not drink milk, orange juice or anything that is not clear.

- Do not chew gum or suck on (or eat) any candy after midnight. If you do eat, drink, suck on candy or chew gum, your surgery may be canceled.
- You may brush your teeth the morning of surgery. Do not drink any additional fluid.
- You may take your allowed medications with a small sip of water.

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

Other instructions:

- No contacts; glasses are acceptable
- Do not shave operative area for 48 hours before surgery
- Leave all jewelry at home
- No body piercing/jewelry
- No nail polish or makeup on
- All patients should 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.
- If you become ill or have any type of infection (cold, flu, diarrhea, vomiting, cuts or scrapes that may be infected) or any other open areas at the site of surgery, please contact your surgeon's office immediately as your surgery may need to be rescheduled.

Day of Surgery

*** Please enter through Entrance C and proceed to the front desk.**

Here are the items you need to do/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)

_____ Prescription card(s)

_____ Comfortable clothes for one day (drawstring or elastic waist pants/shorts), personal items (toiletry bag) and shoes (slip on with back, no sandals or Birkenstock-type shoes)

_____ Walker (preferred for total knee or hip) or cane

_____ If applicable: your home CPAP/Bipap machine

_____ Cell phone/charger

Leave valuables at home except for route of payment for meds if you are using the outpatient pharmacy service (accept cash, check, card, FSA and HSA).

Non-Discrimination Statement

Lincoln Surgical Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, gender identity, sex characteristics, and sex stereotypes). Free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call Relay Services 1-800-833-7352 or speak to your provider.

Español (Spanish)

Lincoln Surgical Hospital cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo (incluyendo embarazo, orientación sexual, identidad de género, características sexuales y estereotipos sexuales). Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-877-297-2266 código 0018-4960-6554 (TTY: 1-800-833-7352) o hable con su proveedor.

Tiếng Việt (Vietnamese)

Lincoln Surgical Hospital tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính (bao gồm mang thai, khuynh hướng tình dục, bản dạng giới, đặc điểm giới tính và khuôn mẫu giới tính).

LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-877-297-2266 0018-5658-6202 (Người khuyết tật: 1-800-833-7352) hoặc trao đổi với người cung cấp dịch vụ của bạn.”

LSH Hospitalists

Lincoln Surgical Hospital has a group of physicians that your surgeon may consult to manage your care while you are hospitalized. They are:

Dr. Arthur Annin

Dr. Wasim Chughtai

Dr. James Fosnaugh

Dr. Matthew Jacobsen

**Lincoln Surgical Hospital has free WIFI. Look for LSHguest; no password needed.*

|| A Few Weeks before Surgery

Here are some of the items you can take care of before surgery:

- _____ Please see your dentist before you have surgery.
- _____ Schedule pre-op physical with labs within 2 weeks of your surgery date (has to be within 30 days) with your primary care provider.
- _____ Pre-op surgery shower/scrub: You will need to do a neck to toe scrub the night before and morning of surgery. The scrubs can be picked up at your surgeon's office or we can provide these for you.
- _____ Do not shave your surgical area for at least 4 days prior to your surgery.
- _____ Drink plenty of liquids 1 week before surgery.
- _____ Arrange for friends or family to stay with you for a few days. You will need help with cooking, cleaning, laundry, shopping, and yard work. You may also need help with some selfcare.
- _____ You will need a driver for at least 2 weeks or as directed by your surgeon.
- _____ Decide where you want to go for Outpatient Physical Therapy (PT) if ordered by your doctor.
- _____ You will need to arrange for transportation to and from PT 3 times a week after surgery.
- _____ Remove throw rugs, electrical cords and other obstructions from walkways.
- _____ Install night lights in the bathroom, bedroom, and hallway.
- _____ Arrange furniture to allow for clearance of a walker throughout your home. Walkers are at least 2 feet wide.
- _____ You can purchase a walker or borrow one from a friend or family member.
- _____ Obtain any adaptive equipment you may need (shower/tub chair, crutches, etc.).

|| Advance Directive

You might have heard of a Living Will or Power of Attorney for Health Care, which Nebraska recognizes.

An Advance Directive is a document that voices your choice of medical treatment and identifies the people you may want to make these decisions if you are unable to make them for yourself. If you already have this document, please bring a copy with you.

If you do not have one, please visit our website under “Patient Information and Forms” section to find instructions on how to create a Power of Attorney for Health Care.

If you are from a state other than Nebraska, we can discuss your state’s laws.

While in the Hospital

Pain Management

At Lincoln Surgical Hospital, our pain management process begins before your surgery starts, and is tailored to your individual needs throughout your entire length of stay.

- Prior to the start of your surgery, your nurse will administer medications that will help decrease the amount of pain you experience immediately after surgery.
- Anesthesia may do a regional block.
- During your surgical procedure, your surgeon will inject a medication into your surgical site that will help manage your pain after surgery.
- After surgery, a special combination of medications is given to you on a routine schedule to further improve your pain control and enhance your comfort. The medications used are given in low to moderate doses. Most patients tolerate these medications very well and experience only some slight drowsiness.
- Stronger medications are available on an as-needed basis to provide additional pain control, if necessary.

Our clinical staff is highly skilled in managing post-operative pain. Your nurse will work closely with you, your surgeon, and your clinical pharmacists to tailor your drug therapy to fit your needs. Your comfort is extremely important to us, and we realize that everyone responds differently to medications.

Communication with your nurse is important to ensure we are not only meeting your expectations for pain control, but also addressing any side effects caused by the medications. Our goal as your healthcare team is to partner with you to provide exceptional care that exceeds your expectations.

The nurse and patient can use a combination of pain assessment tools to describe the level of pain you may be having.

Universal Pain Assessment Tool

