



Nebraska Hand & Shoulder Institute, P.C.
Dolf R. Ichtertz, MD

OUTPATIENT SURGERY

Your surgery is scheduled at Advanced Surgery Center located at 111 South 10th St., Omaha, NE (402) 345- 1712 on _____.

Your surgical time will be given by Advanced Surgery Center. They will call a day or two prior to surgery (this time may change due to unforeseen circumstances such as accidents or equipment scheduling). *Please be on time.* **The facility will call and go over specific instructions with you prior to surgery**

INSURANCE: Please contact your insurance company if any pre-authorization for surgery is required. The **CPT codes** for your surgery are: _____

- If you were given a Pre-operative/Clearance order (a half sheet of paper) to get Lab work, EKG, H & P (history and physical) etc. You need to schedule with your primary physician 1-2- weeks prior to surgery or as they recommend. **PLEASE TAKE THAT ORDER WITH YOU TO THAT APPOINTMENT.**
- To qualify for one hotel night free, you must**have 2 or more hours travel time (based on MapQuest data) from the surgery center and are NOT covered under any Medicare or Medicaid insurance plans. If you have any other questions regarding qualification or to schedule your free night, please call Advanced Surgery Center at 402-345-1712.
- If you were given an anti-inflammatory to take the evening before surgery (Celebrex, Meloxicam, Vimovo, Enteric Diclofenac, Limbrel, Naprosyn etc) take with a snack.
- Certain surgeries require you to be off all NSAIDS (Meloxicam, Vimovo, Ibuprofen, Enteric Diclofenac, Naprosyn, Aspirin etc.) for 10 days prior to surgery. Questions on this call the office and speak with our nurse Dena.
- **Do not eat or drink anything** after midnight before your surgery or as advised by the facility you are scheduled at (**ABSOLUTELY NO gum, candy, food, tobacco of any kind, etc.**). You will need to make arrangements for someone else to drive you home.
- Starting two days prior to surgery, **SCRUB THE AREA THAT IS SCHEDULED FOR SURGERY WITH DIAL SOAP AND IF IT IS HAND SURGERY BE SURE TO CLEAN UNDER YOUR FINGERNAILS.** Wear freshly laundered clothing the day of your surgery.
- Mandatory medications (blood pressure, heart, thyroid, etc.) should be taken with a sip of water. Blood thinners (Coumadin, heparin, Lovenox, etc.)- stop these medications seven days prior to surgery or back injections **upon approval of your medical doctor.** Insulin- take one-half of your regular dose the morning of surgery **or as your primary doctor recommends.**

If you have any questions, feel free to call (308) 398-HAND (4263) or (800) 433- 9147.

Phone: (308) 398- HAND (4263) • (402) 451- HAND • (800) 433- 9147
Offices conveniently located in Grand Island, Lincoln and Omaha
Website: carpaltunnelrelief.net