



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

OUTPATIENT SURGERY

Your surgery is scheduled at CHI Saint Francis in Grand Island, on _____. Please enter through the Outpatient Surgery Entrance on the west side of the hospital, 2620 West Faidley Ave., Grand Island, NE – (308) 384- 4600 (main switchboard). **For guest house, call (308) 398-5395.

Your surgical time will be given by the SFMC Outpatient Scheduler. They will all 2-3 days prior to surgery. The phone number is (308) 398-5609 hours are M-F, Noon-5 p.m. (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.**
- 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 (**ABSOLUTELY NO gum, candy, food, tobacco of any kind, etc.**). You will need to make arrangements for someone else to drive you home
- **Hand Surgeries-** Starting two days prior to surgery, **SCRUB YOUR HANDS WITH DIAL SOAP AND CLEAN UNDER YOUR FINGERNAILS.** Wear freshly laundered clothing to surgery.
- Mandatory medications (blood pressure, heart, thyroid, etc.) should be taken with a couple ounces 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: www.carpaltunnelrelief.net