



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

**OUTPATIENT SURGERY**

Your surgery is scheduled at Memorial Hospital in Aurora, NE, on \_\_\_\_\_. Please enter through the door next to the Emergency Entrance on the west side of the hospital, 1423 7<sup>th</sup> St., Aurora, NE – (402) 694- 3171.

**Aurora Memorial Hospital will call you with your surgical time** (this time may change due to unforeseen circumstances such as accidents or equipment scheduling). We apologize for any inconvenience. *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](http://www.carpaltunnelrelief.net)