



OMAHA SURGICAL CENTER

8051 W. Center Rd.
Omaha, NE 68124
402-391-3333

Omaha Surgical Center's INSTRUCTIONS BEFORE SURGERY

Thank you for choosing Omaha Surgical Center for your upcoming procedure.

To help us plan for your visit, our preadmission nurse will be calling you prior to your surgery. The nurse will ask questions about your medical and surgical history. Please be prepared to answer these questions as this information will help us customize your care plan. If no one has called you within 48 hours of your procedure, or you have questions, please call (402) 391-3333.

The following instructions are for your safety and comfort. Please adhere to them completely:

1. Before your surgery **do not eat or drink anything after midnight**, unless otherwise instructed.
2. **Do not smoke, chew gum/tobacco, use recreational drugs, eat mints or candy after midnight.**
3. **Take only the following types of medications as instructed by your physician:** heart, blood pressure, pain, anxiety, thyroid, breathing, or seizure medications with as little water as possible to swallow the pill(s) on the morning of surgery. Do NOT take morning diabetes medications.
4. Please stop taking Phentermine (or any diet medications) 2 weeks before surgery.
5. **Bring your inhalers** with you if you have asthma or emphysema.
6. You may brush your teeth (do not swallow any water) and shower/bathe and wash your hair (just no applying lotion, makeup, or after-shave).
7. Please wear loose, comfortable and warm clothing. Button down blouse or shirt is preferred or choose a shirt that easily goes around head for eye surgery. A surgical facility is always kept at a cooler temperature than your home. You will wear a patient gown provided by the surgery center. Your ride home may also wish to bring a sweater.
8. Remove all jewelry, including body piercings.
9. **Please do not bring any valuables with you.** We cannot be responsible for their safety.

10. **You will need to bring your insurance cards, driver's license, and copay amount (if applicable).**
11. Bring a **COMPLETE** (including doses and frequency) list of **ALL** current prescriptions, over the counter, herbal, vitamins, and supplemental medications.
12. Bring advanced directives, DNR paperwork, and POA paperwork if applicable. POA should be present at time of procedure, if able (or be able to be contacted easily by phone).
13. Cosmetics: should not be worn at all. Please remove nail polish from the operative hand or foot.
14. **Consent forms** - your signature will be required in accordance to your particular surgery. Please read carefully and be sure to clarify any questions you may have.
15. **One responsible adult (18 years of age or older)** - must be available to contact and accompany you to the Surgery Center. They will also need to drive you home after surgery. The responsible adult may leave the facility, but please leave contact number and stay within 15-20 minute radius of facility.
16. **Illness** - in case of an obvious respiratory infection (COVID, cold, cough, fever) or acute illness one week prior to surgery, please contact your physician.
17. Anticipate providing a urine sample (if applicable, i.e. women of childbearing age)
18. **Please expect to be at the Facility for a minimum of 2-3 hours depending on your procedure.**

ADDITIONAL COVID INSTRUCTIONS:

- All persons entering facility will be screened for COVID-19 and have a temperature check upon arrival
- Mask must be worn by both patient and visitor at all times while in facility
- Visitors will not be allowed in patient care areas