

First SurgiCenter
Central Avenue Professional Building
3500 Central Avenue
Kearney Nebraska 68847
877-344-2372 / 308-865-1419

Helpful Hints for Your Surgery

- ✓ **DO NOT** bring jewelry, wallet, purse, or other valuables
- ✓ **DO NOT** wear nail polish
- ✓ **DO NOT** eat or drink anything after midnight or your surgery may be rescheduled
- ✓ **DO** dress in loose, comfortable clothing
- ✓ **DO** bring crutches, a walker, or splint if you have been told you may need these after your surgery
- ✓ **DO** bring pillows and blankets if they will make your trip home more comfortable

- **TIP:** Bags of frozen peas make an excellent, inexpensive ice bag. You can thaw and refreeze them as needed
- **TIP:** You may want to have some small gauze bandages available at home for dressing changes
- **TIP:** Preauthorization with your insurance company is your responsibility. Please check with your insurance provider prior to your surgery.