

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

Rules for Surgery Preparation

- ✓ **DO NOT** eat or drink anything after midnight the day before your surgery
- ✓ **DO NOT** smoke or drink alcohol during the 24 hour period prior to your surgery
- ✓ **DO** drink plenty of fluids the day before your surgery until bedtime
- ✓ **DO** make arrangements for someone to stay with you for 24 hours following your surgery
- ✓ **DO** bring a driver to take you home following your surgery