



Preparing for Your Surgery

General Information

The following instructions are designed to help you prepare for your upcoming surgery. If you have any questions regarding your surgery, please contact our office at (785) 233-7491.

- DO NOT take aspirin or aspirin products for 7 days prior to your surgery. Additional instructions for your home medications will be provided by a Pre-Admission nurse prior to your surgery date.
- DO NOT take herbal medications for 14 days prior to surgery.
- DO NOT eat or drink anything (including water), or chew gum or tobacco after midnight the day before surgery unless given special instruction to do so.
- DO NOT drink alcohol within 24 hours of your surgery.
- DO NOT glue your dentures in place. Containers will be provided for removable dentures or bridgework.
- DO NOT wear makeup, lotion, jewelry, or body piercings. Acrylic nails without polish may be left on.
- DO NOT bring valuable items to the surgery facility.
- DO take a bath or shower the morning of surgery. Male patients having general anesthesia need to shave your beard.
- DO bring crutches or a walker with you if you are having lower extremity surgery.
- DO contact our office if your health changes between your last office visit and the day of surgery. (Examples: cold, flu, fever, etc.)
- DO notify our staff immediately if your health insurance or any other insurance provider requires prior authorization (pre-certification) for your surgical procedure. We will then contact your insurance provider and obtain the appropriate authorization.
- DO contact your primary care physician to arrange an appointment for medical clearance and / or any lab work prior to surgery. We will communicate to them specifically what is requested.

Pre-Admission Process

- All patients having surgery are required to complete a Pre-Admission process at the facility where you will be having your surgery. Either by phone or in person, a nurse will review your medical history, obtain any necessary lab tests prior to surgery, discuss anesthesia, and provide additional education. Please refer to the facility where your procedure is scheduled for further details.