



PRE-OPERATIVE INSTRUCTIONS

Your procedure is scheduled for _____ at _____. Please arrive at NOC Surgery Center at _____.

NOC Surgery Center is located at 6900 A Street in Lincoln. This is just west of the intersection of A Street and 70th Street.

Our waiting room is small -- please limit the number of people who come with you.

Is this procedure covered under Workers' Compensation or your primary insurance? Please bring your insurance card with you.

Do not eat or drink anything after midnight. This includes water, gum, candy, and tobacco products.

Do not bring valuables to the NOC Surgery Center.

Do not wear jewelry, nail polish, contact lenses, or make-up.

Wear comfortable, loose-fitting clothing.

If applicable, bring your crutches, sling, orthopaedic shoe, brace, or assistive devices.

Is physical therapy anticipated post-operatively? If so, have arrangements been made? You may contact Lincoln Orthopaedic Physical Therapy (LOPT) at (402) 436-2535.

Who will be driving you home? You *must* have someone available to drive you home after your surgery.

Who will be staying with you at home for the first 24 hours? For your safety, someone *must* be with you the first 24 hours following your procedure.

Will your home be safe and easy to get around in after your surgery? Have someone help you clear indoor and outdoor walkways of clutter and obstacles such as plants, furniture, or small rugs. Place items you use every day within easy reach.