



## PRE-OP SURGICAL INSTRUCTIONS

- **Bring your MEDICATIONS**  
Please bring all the medications that you routinely take in their properly labeled, original containers. If you are on heart or blood pressure medication normally taken in the morning, plan to take the medication with a small sip of water before arriving to the hospital.  
*\*Medicare insurance does not cover any oral medications you take while hospitalized as an outpatient. Remember to bring all medications you are regularly taking along with time and dosage information.*
- **If you are DIABETIC**  
Do not take oral medication or insulin unless advised to do so by your physician.
- **No FOOD OR DRINK after midnight**  
Don't eat or drink anything after midnight unless you are advised by your physician. You may brush your teeth and rinse your mouth, but do not swallow any water. This includes alcohol, drugs, water, candy, gum, mints, and lozenges after midnight on the night before your procedure. If you do not follow these instructions, your surgery may be cancelled or delayed.
- **Shower with HIBICLENS (CHLORHEXIDINE)**  
Follow manufacturer's guidelines on label. Shower (NO BATH) with the HIBICLENS the night before. THIS IS FOR EXTERNAL USE ONLY. AVOID MUCOUS MEMBRANES.
- **Do not SHAVE**  
It is best to NOT shave any part of your skin (other than facial) **for at least two days prior to surgery.**
- **Do not apply LOTION**  
Do not apply lotions, moisturizers or make-up pre-op.

### Surgery times are tentative.

Sometimes the OR team is running ahead of schedule and sometimes emergency cases or complications may delay the schedule. We thank you in advance for your patience and understanding.

## Before Your Surgery

- **INSURANCE INFORMATION**  
Please remember to call your insurance provider seven to 10 business days before your surgery to confirm coverage and to advise them of your scheduled surgery. It is the patient's responsibility to verify coverage for the procedure.
- **QUESTIONS OR TO CANCEL**  
If you have any questions, or are unable to keep your appointment, please call your physician or the hospital at (620) 221-2300.
- **WHAT TO BRING WITH YOU TO WNH**
  - Legal ID and Insurance and medical cards, any forms that your surgeon's office asked you to complete
  - A complete list of allergies you have
  - All medications that you are taking, along with time and dosage information\*
  - Telephone numbers of people you might wish to call
  - Wear casual, loose clothing, bras for those having breast procedures
  - A case for glasses or contact lenses and hearing aides
  - CPAP machine and mask (if you have sleep apnea)
- **WHAT NOT TO BRING/WEAR**
  - X Jewelry, body jewelry or valuables
  - X Contact lenses
  - X Makeup
  - X Body lotion

## After Surgery

- **GETTING HOME**  
Make arrangements to have a responsible party drive you home. Minors must be accompanied by a parent or legal guardian.
- **FOLLOW-UP & GETTING WELL SOON**  
Contact your surgeon if you have questions about your discharge instructions. Go to any scheduled follow-up appointments at your physician's office. Take things slowly until your physician says you may resume your usual routine.