

Prior to Arrival

Prior to your arrival to the hospital the morning of surgery, you will need:

- To have an empty stomach, meaning nothing to eat or drink after midnight. This includes gum, hard candy, chewing tobacco.
- Please brush your teeth and shower before arriving the morning of surgery.
- An individual from HaysMed will have contacted you earlier in the week to instruct you on what medications to take prior to your arrival. These may be taken with a sip of water.
- Be sure to bring a driver over the age of 18 with you to bring you home after surgery.
- Please wear loose comfortable clothing.
- If having a lower extremity surgery, bring your assistive device with you to the hospital. This includes a walker, crutches, knee scooter, etc.
- If you live alone, you may need to make arrangements for a family member or someone to come into your home to help you after surgery. These arrangements need to be made prior to surgery.

Questions

855-429-7633 (Hays Med ONE CALL)
785-267-7599 (Hays Ortho Clinic)

Visit our website
using this QR code to
access videos about
your procedure.



Upon Arrival

- Please park in PARKING LOT B and come into the hospital through the MILLER MEDICAL PAVILION entrance through the revolving door under the canopy.
- You will then check-in through admissions and you will be given directions to the surgical waiting room. After they weigh you and obtain some information, you will then be escorted to Ambulatory Surgery.
- Arrival time will be approximately 1.5 hours before your surgery start time so that you can be prepped for surgery and the physicians can see you prior to surgery.
- On occasion emergent procedures arise or the procedure ahead of you may take longer than expected and a delay can occur.
- Upon arrival to your pre-op room, the nurse will obtain vital signs and may give you an anti-inflammatory medication if it has been ordered by your physician.
- Be prepared for physical therapy to work with you prior to or after surgery if having a lower extremity surgery.

Post-Operative Care

- It is recommended to keep the affected extremity elevated. This helps decrease swelling, which also helps with pain control.
- If instructed to do so, you may use an ice pack for 20 minutes at a time. to the affected extremity. This will also help control pain.
- Follow your surgeon's instructions regarding activity and start slowly, increasing as tolerated. If activity is increased too quickly, it can cause increased pain as well as dizziness.

References

Upper Extremity Injury, HaysMed CareNotes
Lower Extremity Injury, HaysMed CareNotes
COVID-19 Testing Clinic – Flow Charts, HaysMed policy, 10/11/2021
NPO Status for Elective Surgical Patients, HaysMed policy, 11/27/2019

Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer
 Hays Medical Center
 2220 Canterbury Drive
 Hays, Kansas 67601
 Telephone Number: 785.650.2759
 TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
 Fax: 785.623.5524
 Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

SPANISH

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

CHINESE

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777) 번으로 전화해 주십시오.

LAOTIAN

ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ,

ແມ່ນມີໄວ້ສຳລັບທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

ARABIC

ملاحظة: بالمجان لك تتوافر اللغوية المساعدة خدمات فإن، اللغة اذكر تتحدث كنت إذا: ملحوظة 1-855-429-7633 (TTY: 1-800-766-3777) برقم اتصل.

TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

BURMESE

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက်

စီစဉ်ဆောင်ရွက်ပေးပါမည်။

ဖုန်းနံပါတ် 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ခေါ်ဆိုပါ။

FRENCH

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

HMONG

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

PERSIAN (FARSI)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما

فراهم می باشد. (1-800-766-3777 (TTY: 1-855-429-7633 تماس بگیرید.

SWAHILI

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).

