



Before Surgery Instructions

Education

If you are reading this, together we have decided that surgery is the best option for your treatment. While I will be the one performing your surgery, WE (you and I) must work together as a team to optimize your recovery.

My Responsibilities

- Make sure you understand the diagnosis and treatment plan
- Guide you through the recovery process

Your Responsibilities

- Make sure you understand the diagnosis and treatment plan
- Follow my instructions to optimize your recovery
- Keep me informed of any problems or concerns with your recovery

Logistics

Scheduling

We will schedule your surgery date during clinic or over the phone within the next couple of days.

Medical Clearance

Depending on your age and medical history, you may require a medical clearance. This can include labs, EKG, and a chest xray, and may require a visit to your PCP and/or cardiologist.

If you are having “Wide Awake Surgery,” you will not require preoperative medical clearance.

Blood Thinners

Aspirin, Coumadin, Plavix...

We usually stop these 7 days before your surgery. You may continue these for most hand surgeries. Make sure we have discussed a plan for you.

Informed Consent

I want to make sure you completely understand your surgery, the risks involved, and your recovery process. We will discuss these pertinent points in clinic. You will sign a form the day of surgery confirming your understanding. Please ask if you have any questions or concerns.

Night Before Surgery

Nothing to eat or drink after midnight.

NOTHING means no water, coffee, candy, snacks, or anything else.

Go to the store and buy a bottle of over the counter Aleve (20 pills)

***Don't do this if you have a history of stomach ulcers or allergies to NSAIDs/anti-inflammatories.

Day of Surgery

Arrive at your scheduled time. It may take an hour or two to get you ready for your procedure. Be patient – I will take as long as I need to perform the best surgery possible, regardless of how long your surgery is scheduled. This means if the person before you required additional time than was previously scheduled based on xrays or preoperative studies, I may spend longer than scheduled to take care of them. I will do the same for you.

Pain

I don't want you to hurt. Unfortunately I cannot eliminate pain completely. I do care about this and there are things we can do to minimize your pain. Your “After Surgery Instructions” will have more information about this. We will start your pain control plan before and during surgery.

Take 2 Aleve (over the counter) with a small sip of water when you wake up the morning of surgery.

Questions?

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