



Before Surgery Instructions

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
- Do good surgery
- 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 need you to visit your PCP and/or cardiologist.

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.

Medications

Take your usual medications as you normally do the night before surgery and the morning of surgery, EXCEPT do not take diabetes medications the morning of surgery (see blood thinners above).

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, allergies to NSAIDs/anti-inflammatories, or have a cardiac/heart problem for which NSAIDs have been discouraged.

Day of Surgery

Arrive at your scheduled time. Be patient – I will take as long as I need to perform the best surgery possible, regardless of how long your surgery is scheduled for. This means if the person before you had a problem that was worse than planned, 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.

Today- take 2 Aleve with a small sip of water when you wake up the morning of surgery.

Questions?

Jackson Orthopaedics

155 E Sonterra Blvd, Suite 111
(210) 729-1900 Fax: (210) 729-1901
www.JacksonHand.com