

Pre and Post-Operative Instructions

Click on the links for PDF versions of the [PreOperative Instructions](#) and the [PostOperative Instructions](#).

Pre-Operative Instructions

You've decided to correct your hand and upper extremity illness or injury, and that may involve surgery. If you are having surgery, there are specific directions that must be followed prior to and on the day of your procedure. Understanding and following these directions will ensure the smooth and efficient handling of your pre-surgical needs.

if you are having a day surgery procedure, do not eat or drink after midnight on the evening before your surgery unless otherwise indicated. This includes chewing gum, tobacco (either in chewing or cigarette form), hard candies or water. Please note that ingestion of any solid food or liquid may result in your surgery being postponed, since such activities could result in serious interactions with both regional and general anesthesia. if you are having a minor procedure under a local anesthesia, you are permitted to eat and drink.

You may take your daily medications as scheduled on the day of your procedure with a small sip of water. However, certain medications are not allowed. Please advise your nurse at the time of your pre-surgical evaluation as to whether or not the following items are a part of your daily regimen:

- Injectable Insulin
- Oral hypoglycemic agents used in the treatment of Diabetes, such as Sulfonylureas,
- Metformin, Thiazolidinediones, and/or Alpha-glucosidase inhibitors.
- Anti-coagulants or blood thinners, including acetaminophen
- No vitamins or herbal products
- Bring any inhalers, C-PAPs or B-PAPS with you on the day of your procedure.

Unless you are having a minor procedure that only requires local anesthetic, you are required to have a friend or family member drive you home after your procedure. This person does not need to be at the surgery center for the duration of the procedure; however, he or she must be at the surgery center at the scheduled end of your procedure. The Outpatient Surgicenter will not release you unless there is someone to escort you safely back to your residence.

You will need someone to stay with you for twenty-four hours after your procedure. This will ensure your safety during a time when you may be more vulnerable to falls or accidents due to the after effects of anesthesia or pain medication.

On the day of your procedure, please come to the surgery center without any makeup, nail polish, perfume, jewelry and body piercings.

You are not permitted to wear contact lenses during your procedure. Please leave them at home and wear glasses or bring a lens case with you for their safe storage.

Leave all valuables at home or in the custody of the person who is escorting you to your procedure. The surgery center is not responsible for items that may be lost or misplaced during your procedure.

Please contact our office at (561) 241-4758 for any questions that you may have.

Post-Operative Instructions

There are specific guidelines that must be followed after your surgical procedure. These guidelines are in place in order to ensure your safety and comfort.

In order to assist with pain and swelling, keep the hand and/or arm above your heart as much as possible. Take your post-operative pain medication as directed. Do NOT mix your medication with Tylenol as this could have serious side effects.

Occasionally, there is an adverse reaction to the most common kinds of pain medication. Please contact us immediately if you are experiencing a rash, itching, nausea and/or vomiting, or hallucinations. Your physician will be able to assist you in finding an immediate and alternate form of post-operative pain control.

The initial post-operative appointment with your physician is typically 48 hrs. to one week depending on the nature of your surgery.

It is imperative that you keep your surgical dressings clean, dry and intact unless otherwise indicated. If your dressings become compromised in any way, please contact our office in order to schedule a dressing change.

Please contact our office at (561) 241-4758 with any questions that you may have.