PREPARING FOR SURGERY

BEFORE SURGERY

NO food or drink
Do not eat or drink anything after midnight the night before your procedure. This prevents any complications with throwing up stomach contents that could affect your breathing, which can be very serious.

Talk about medications
Be sure to inform your nurse and/or doctor of any medications you are taking, including herbal medications. You may need to refrain from taking some before surgery for your safety.

Cancel if sick
You need to be healthy before undergoing surgery, so inform your doctor if you are feeling sick.

DAY OF SURGERY

Arrive on time
Your doctor will ask you to arrive much earlier than your scheduled procedure. This allows you to meet with your entire team (surgeon, anesthesiologist and nurses).

Come prepared
> Wear comfortable shoes and clothing that can easily be put back on
> No makeup
> No jewelry (including piercings)
> No fingernail polish

Have a ride home
If you receive anesthesia or sedation, you must have a ride home, or your procedure will be cancelled.

Follow Instructions
Make sure a friend or family member writes down your discharge instructions.

Get plenty of rest

CONCERNS?
Contact your doctor if you have questions or concerns after your surgery. Go to the nearest emergency room if you feel it is necessary.

AFTER SURGERY

Learn more about different surgical procedures at www.HandCare.org.