

DR. ZIV VALLEY HAND AND ORTHOPAEDIC
Hand/ Wrist/ Elbow Preoperative Instructions- **PLEASE READ !**

- **Do not eat or drink anything (including water) for 8 hours before surgery.**
- Most daily medicines should be held and not taken until you get home after surgery.
- Exception: if you take **blood pressure or heart medication** in the morning, it SHOULD be taken with a **sip of water** at the usual time.
- Insulin: if you take insulin, in most cases taking HALF of your evening long-acting insulin the night before is correct, but if unsure ask your primary care doctor.
- Aspirin or medications containing aspirin should be held for 5 days before surgery
- Coumadin (warfarin), Plavix, or Pridaxa also should usually be stopped for 5 days before surgery, but DO NOT do this before consulting with your cardiologist or primary doctor.
- Wear loose fitting, comfortable clothing, you will change into a gown for the procedure.
- The anesthesia doctor will meet with you about 15 minutes before the procedure.
- You will need a ride home after surgery. Use of a taxi is NOT permitted.
- **West Hills Surgery Center:** you MUST pre-register online at www.westhillssurgicalcenter.com. If you do not use the Internet visit that center in person at least 24 hours prior to the procedure
- Other surgery centers do not require pre-registration.
- **Your ARRIVAL TIME is _____.** Generally patients will spend anywhere from 2-1/2 to 3-1/2 hours at the facility depending on the procedure.
- Normally patients arrival time is one hour before the surgery start time.
- Please remind us to give you a pain medicine prescription in the office today.
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- **PREVIEW OF POSTOP INSTRUCTIONS:** will be explained in recovery area after surgery
- Keep the dressing clean and dry. When showering or bathing cover the surgical bandage using a plastic bag secured with rubber bands.
- **For many procedures (carpal tunnel, trigger finger, DeQuervains) you should remove all dressings and wash the incision with soap and water starting on the 5th to 7th day after surgery. Some bleeding at this point is not unusual. After that you can cover the incision with a band-aid but let it air out a few times a day, especially if at home/night leave open to air.**
- Surgery for fractures, ulnar nerve, Dupuytren's, thumb arthroplasty, tendon or nerve repair:
do NOT change the dressing
- If taking Vicodin, Norco, Percocet or other narcotic, do not take any extra Tylenol/acetaminophen.
- I strongly recommend taking Advil/ibuprofen 3 tablets 3 times a day or Aleve 2 tablets 2 times a day, with food, after surgery, unless you have an ulcer. This will decrease the pain further, help with swelling, and reduce the need for strong pain medication. Do not take this if you are also taking a prescription anti-inflammatory (Naprosyn, Lodine, Celebrex, Motrin, Voltaren, etc.) This is fine at the same time as the prescription pain medication.
- Numbness and tingling in the fingers is common in the first day or two and generally improves with time and elevation.
- Itching and nausea are often caused by narcotic pain medication and anesthesia. Benadryl can be helpful for itching. Nausea is short-term and usually does not require treatment.
- Intense exercise/workout should be avoided for the first 3 days; it can increase swelling and occasionally cause bleeding of the incision.

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