

PREOPERATIVE INSTRUCTIONS: HAND, WRIST, ELBOW

It is an honor and privilege to care for you. Please read the following information carefully and reference it if you have any questions regarding your upcoming surgery.

Name \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Facility \_\_\_\_\_

Postop Visit \_\_\_\_\_

- ☐ You will not find out your exact arrival time until the day before surgery.
- ☐ The surgical facility will call you late afternoon the day before your surgery with important information and arrival time.
- ☐ I will meet with you briefly before surgery, and if authorized, with whomever has accompanied you following surgery.
- ☐ You will receive discharge instructions and when appropriate, a prescription for pain medication will be sent electronically to your pharmacy.

Directions to the surgical facilities are available at [pbhts.com](http://pbhts.com). Please plan on being there for 4-8 hours.

PREOPERATIVE TESTING

- ☐ Preoperative testing is not required.
- ☐ We have communicated the requested preoperative testing to your medical care team.
- ☐ Please schedule to have the bloodwork and testing listed on the prescription from my office.

PREOPERATIVE RISK ASSESSMENT (MEDICAL CLEARANCE)

- ☐ Preoperative risk assessment is not required.
- ☐ Please schedule an appointment with your **primary care physician / cardiologist** to assess your fitness for surgery at least 2 weeks before, but not more than 30 days prior to your scheduled surgery.

MEDICATIONS

- ☐ **Unless otherwise instructed by prescriber, stop these medications 5 days prior to surgery:**

aspirin	apixaban (Eliquis)	clopidogrel (Plavix)
celecoxib (Celebrex)	dabigatran (Pradaxa)	fish oil, CoQ10, vitamin E
diclofenac (Voltaren)	ibuprofen (Advil, Motrin)	prasugrel (Effient)
meloxicam (Mobic)	rivaroxaban (Xarelto)	all other blood thinners
naproxen (Aleve)	warfarin (Coumadin)	all herbal supplements

- ☐ Stay on your beta blocker unless otherwise instructed.
- ☐ Follow your medical doctor's advice on all other blood pressure medication.

REMINDERS FOR THE DAY BEFORE SURGERY

- ☐ **Do not eat or drink anything after midnight the day before your surgery.**
- ☐ Bring an empty tote bag large enough to fit your clothing and shoes to the surgical facility.
- ☐ Patients with medium-long hair length, please tie your hair back neatly with a hair tie.
- ☐ Leave valuables at home.

HOW TO GET IN TOUCH WITH US

For questions regarding your surgery, please message Carole Ciolek on via portal, email at [cciolek@toi-health.com](mailto:cciolek@toi-health.com), or call (561) 746-7686. If sending an email please make the subject of the email your full name.

INSURANCE AND PAYMENT:

We can only provide pricing information for surgeon professional service fees. Inquiries related to facility fees, anesthesia services, and implant costs should be directed to the surgical facility. We encourage you to clarify any uncertainties about coverage and individual financial responsibility directly with your insurance and the surgery center or hospital.

I look forward to taking care of you.