

## Pre-Operative Instructions

1. Please call Baylor St. Luke's Hospital to pre-register. 832-355-0000 Option 4.
2. You may have nothing to eat or drink after midnight the day before your surgery except certain morning medications as instructed at pre-admission testing (with a small sip of water). Candy, mints, gum, and smoking/tobacco products are not permitted.
3. Expect a call from the pre-admission nurse. That person will screen you by phone to determine if you need to come in for pre-admission testing. Please ask the nurse on the phone or at pre-admission testing if any medications should be taken the morning of surgery. If you were instructed to take certain medications the morning of surgery, take them with a sip of water only. Medications for the following disorders are commonly included: high blood pressure, heart, asthma, seizure, and reflux/stomach. If you utilize inhalers to treat asthma, bring them with you on the day of surgery. Please bring a list of all medications you are currently taking, as well as medications to which you are allergic.
4. If you are a diabetic, please follow the specific instructions given to you at the time of your pre-admission testing.
5. Dr. Hunt will prescribe pain medications at your pre-operative visit. Please make sure you pick up any narcotic prescriptions within seven days of this visit as these prescriptions will time-out.
6. No jewelry, body piercings, makeup, nail polish, hairpins, or contacts should be worn on the day of surgery. Please leave all valuables and money at home or with a family member.
7. Please wear loose-fitting, comfortable clothing. Keep in mind the type of surgery you are having might include a bulky dressing or splint on your hand, making it difficult to put your arm through a narrow sleeve.
8. Discontinue Aspirin, non-steroidal anti-inflammatory medication (NSAIDs - such as Aleve, Advil, Motrin/Ibuprofen, Mobic), and Vitamin E for 5-7 days prior to surgery. These medications can cause excessive bleeding. Tylenol is acceptable. Herbal medicines and diet pills should be stopped 2 weeks prior to surgery.
9. If you are taking blood thinning medications such as Plavix or Coumadin, you must contact your prescribing physician and obtain permission or clearance to discontinue the medication, and instructions on how/when to stop the medication before surgery.
10. If you are taking immunosuppressive medicines such as those prescribed for rheumatoid arthritis or lupus, you must contact your prescribing physician and obtain instructions on how/when to stop the medicine before surgery, and how/when to resume the medicine after surgery.
11. You will be notified what time to arrive prior to your surgery. Please report to Baylor St. Luke's McNair Campus, 7200 Cambridge, 1<sup>st</sup> floor admitting office (behind the security desk).

12. You must have a responsible adult available to take you home after surgery. **YOU CANNOT DRIVE YOURSELF HOME.** A bus, cab, or Uber driver is not considered a responsible caregiver.
13. Please contact our billing office to see if there is a co-insurance due for the surgeon fees. 713-798-9001.
14. Contact the office at 713-986-5530 if you develop any signs of infection such as fever, sore throat, painful urination, etc. or have any other questions.