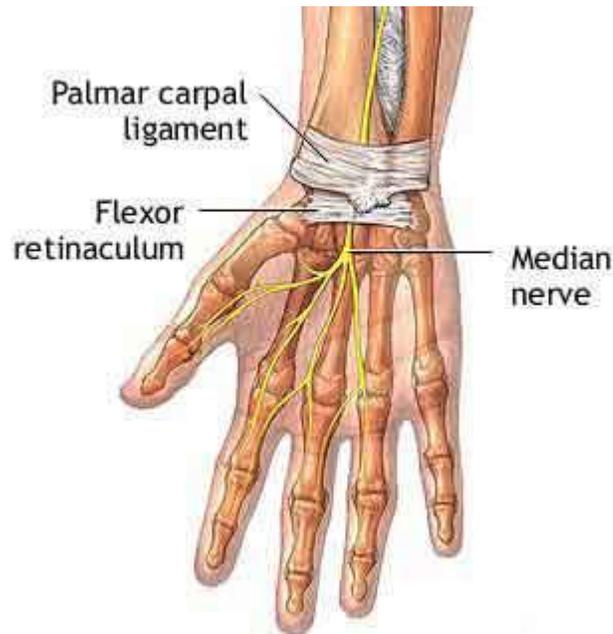


Hand and Wrist Surgery



PRE-OPERATIVE INSTRUCTIONS

- **Do not eat or drink after midnight the night before surgery.** This includes chewing gum, candy and mints. No smoking or use of tobacco products.
- Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes coumadin, aspirin, and anti-inflammatories such as ibuprofen, Aleve, and Ibuprofen. You may use acetaminophen for pain.
- Stop all herbal supplements 1 week prior to surgery.
- Plan to spend approximately 2-3 hours at the surgical facility.
- Arrange for someone to drive you home and stay with you through the night.
- Set up your post-op appointment for 7-10 days after surgery with scheduling at 913-381-5225 if you have not already done so.



Corporate Medical Plaza
Building #1
10171 Nall Ave., Suite 200
Overland Park, KS 66211

Lee's Summit Office
3151 NE Carnegie Dr.
Suite B
Lee's Summit, MO 64064

POST-OPERATIVE INSTRUCTIONS

- If you had a regional block for an anesthetic, it will take several hours before you regain complete control of your hand and arm. Use your unaffected arm to help move the operative arm.
- Elevate your hand above the level of your heart as much as possible to reduce swelling. Wiggling your fingers will also help reduce swelling.
- You should use ice for comfort and to reduce swelling.
- Keep the dressing dry and in place until your follow up appointment with Dr. Bruce in 7-10 days unless you are instructed otherwise.
- Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods the first 24 hours after surgery.
- Take the pain medications prescribed as you need them.
- At your first post-op visit we will remove your dressing. You may be given a removable splint for comfort. You may shower, but do not immerse your hand in water until the incision is completely healed.
- Your sutures will be removed at your 2-week visit. If you require physical therapy, it will be started at that time.

Dr. Robert P. Bruce, MD
If you have any questions, please call: (913) 381-5225