

Robert P. Bruce, MD

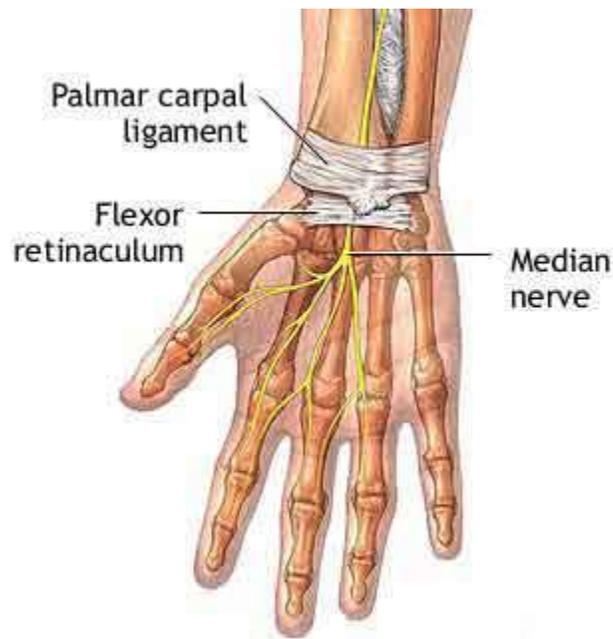
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Office (913)381-5225

If you have any questions or concerns, please call.



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.

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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.