



2139 E. Beechwood Ave. Fresno, Ca 93720
Phone (559) 322-6600 Fax (559) 322-4624

Surgery Date:

One Medical Passport: We request that you fill out your medical history online with One Medical Passport as soon as your procedure has been scheduled. Please refer to the online instruction history that is included in this packet to complete your One Medical Passport. If you have any difficulty and cannot complete please contact us. This health history is a mandatory requirement for you to have your surgery.

Pre-Operative Surgery Instructions

LAB WORK:

The required tests (i.e. blood work, EKG), needs to be done at Saint Agnes Medical Center **2 weeks** prior to surgery. If not completed, your surgery may be cancelled. If you live outside of Fresno, and there is a hospital closer to your home, we will send the request for your labs such as EKG and/or blood test to the lab center at the hospital. We will inform you when this is done so that you make proceed to get your test done in time for the physicians or physician assistants to review your labs We want this to be completed two weeks before your surgery so that any additional tests can be completed well before your surgery date. Last minute abnormal EKG or blood test nearly always results in cancellation of the surgery.

Diabetics:

You must Fast for your lab draw.

FOOD:

You will **not** be able to eat or drink anything 8 hours prior to your surgery time. **This includes: ICE CHIPS, GUM, CANDY, OR MINTS.**

SMOKING:

Be aware that smoking may delay healing of bone or tissues and may even lead to a complete lack of healing necessitating another operation. Your physician advises you to stop smoking **four** weeks prior to surgery and refrain from smoking for six to eight weeks after surgery.

MEDICATION:

1) Non-insulin dependent diabetic: Diabetic medication taken by mouth should not be taken the morning of surgery.
2) Insulin dependent diabetic: Take one half the morning dose of long acting insulin the morning of surgery. If you take you insulin at night, make sure to take half your long acting insulin dose. **DO NOT** take any regular insulin the morning of surgery.

- 3) If you normally take your blood pressure in the morning, then **take your blood pressure medication with a small sip of water the morning of surgery. If you take potassium supplement with your blood pressure medication also take as scheduled.**
- 4) Please avoid taking Aspirin, Motrin, and Advil, ibuprofen and / or products containing aspirin 10 days before surgery. It is ok to take Tylenol.
- 5) If your primary care physician or Cardiologist has placed you on Plavix or a blood thinning medication such as Coumadin or Pradaxa, you will need to receive specific instructions from our physicians after they have confirmed with your prescribing physician.
- 6) We have contacted Dr. _____, who has informed us that it is ok for you to stop _____ medication, _____ days before surgery which will be the day of _____ (date). If you are taking Coumadin you will need the following lab test before your : PT, PTT, INR.
- 7) Fill the medication prescribed by your surgeon prior to surgery but do not take until after surgery.

CLOTHING: Wear loose-fitting separates, sweatpants, sleeveless or a short-sleeved shirt or blouse that buttons down the front and shoes that are easy to get on and off. **Please leave all jewelry / valuables at home.** We will not be responsible for any lost or stolen items. You may wear your dentures.

TRANSPORTATION: You need to be driven home by a responsible adult. For minor's, parents must stay on the premises during the procedure.

HEMOCARE: You will need to have a responsible adult stay with you for the first 24hours after surgery if you are having general anesthesia. This is for your safety.

Our surgical staff will contact you the day before your surgery, with the specific arrival time for your surgical procedure at Regional Hand Center.

Please contact our office at 559-322-6600, if you have any questions or if we can be of further assistance in regards to your upcoming surgical procedure.