

Hand Surgery Associates, P.C.
Pre-Operative Instructions

You've decided to correct your hand and upper extremity illness or injury, and that may involve surgery. If you are having surgery, there are specific directions that must be followed prior to and on the day of your procedure. Understanding and following these directions will ensure the smooth and efficient handling of your pre-surgical needs.

Bring your insurance information and a photo I.D. with you to Hand Surgery of Colorado on the day of your procedure. **Please note we are required to verify your identity in this manner. Your procedure will be cancelled and rescheduled for a later date if you do not have a picture ID available at the time of your surgery.**

Do not eat or drink after midnight on the evening before your surgery unless otherwise indicated. This includes chewing gum, tobacco (either in chewing or cigarette form), hard candies or water. **Please note that ingestion of any solid food or liquid may result in your surgery being postponed, since such activities could result in serious interactions with both local and general anesthesia.**

You may take your daily medications as scheduled on the day of your procedure with a small sip of water. However, certain medications are not allowed. Please advise your physician at the time of your pre-surgical evaluation as to whether or not the following items are a part of your daily regimen:

- Injectable Insulin
- Oral hypoglycemic agents used in the treatment of Diabetes, such as Sulfonylureas,
- Metformin, Thiazolidinediones, and/or Alpha-glucosidase inhibitors.
- Anti-coagulants or blood thinners, including acetaminophen
- No vitamins or herbal products
- Bring any inhalers, C-PAPs or B-PAPS with you on the day of your procedure.

Unless you are having a minor procedure that only requires local anesthetic, you are required to have a friend or family member drive you home after your procedure. This person does not need to be at the surgery center for the duration of the procedure; however, he or she must be at the surgery center at the scheduled end of your procedure. **The staff of Hand Surgery Colorado will not release you unless there is someone to escort you safely back to your residence.**

You will need someone to stay with you for twenty-four hours after your procedure. This will ensure your safety during a time when you may be more vulnerable to falls or accidents due to the after effects of anesthesia or pain medication.

On the day of your procedure, please come to Hand Surgery of Colorado without any makeup, nail polish, perfume, jewelry and body piercings.

You are not permitted to wear contact lenses during your procedure. Please leave them at home and wear glasses or bring a lens case with you for their safe storage.

Leave all valuables at home or in the custody of the person who is escorting you to your procedure.

Hand Surgery of Colorado is not responsible for items that may be lost or misplaced during your procedure.

Please contact our office at (303)744-7078 for any questions that you may have.