



Brent M. Lawrence, MD
(501) 321-0555

SURGERY INSTRUCTIONS

Surgery Date: _____

The hospital will call you the day before your surgery with the estimated surgical time and check-in time. If you have not heard from the surgery facility regarding your surgery time, please call them directly. Dr. Lawrence's office cannot give you your surgery time.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.

You may take medicine **blood pressure/heart medication, stomach medication, anti-seizure medication** the morning of surgery with a tiny sip of water. Anything else you might eat or drink the morning of the surgery will necessitate canceling your surgery.

DO NOT take insulin/oral diabetic medication or diuretics (water pills) the morning of surgery. Please notify the pre-op nurse when you arrive that you are diabetic.

STOP all aspirin products/blood thinners/arthritis medications 3-7 days prior to surgery (Refer to the "Medications to Stop Before Surgery" handout for specific instructions). Please review your list of medications with the nurse and note which ones should be discontinued prior to surgery. Bring all home medications in original bottles with you to the hospital on the day of surgery. If you have any questions regarding your medications, please contact our office.

Please advise Dr. Lawrence if you are currently taking blood thinners, have a history of heart surgery or history of blood clots in your legs or lungs. Failure to do so could result in your surgery having to be rescheduled.

DO NOT chew gum, dip or smoke the morning prior to surgery.

You must remove all jewelry and body piercings prior to surgery. Metal attached to the body is not allowed in the operating room. Please remove all fingernail and toenail polish.

You will need to have someone with you to drive you home following your surgery! You will not be allowed to drive yourself home.

The day of surgery, you will be taken to the operating room holding area thirty to sixty minutes before your operation. There, the holding room nurse and anesthesiologist will talk to you about your medical history and answer any questions you have before taking you to the operating room. The scheduled time of your operation is approximate; delays may occur due to changes in the surgical schedule, although the time varies with each individual case.

You will need to wear loose fitting clothing the day of your surgery. These must be able to fit over the dressing on your operative extremity and be easy for you to put on after surgery.

You may need to use ice packs to help reduce swelling in your extremity post-operatively. Swelling following surgery is normal, but ice and elevation of the surgical extremity will help control and reduce the amount; this will also help decrease discomfort and help you regain your motion.

The type of dressing or immobilization you will have depends on the surgery that was performed. If your extremity is placed into a splint, leave the splint in place until your follow up visit with Dr. Lawrence. If a soft dressing is applied to your extremity, you may remove your dressings 48 hours after surgery. You may experience drainage from your incisions for 2-3 days after surgery. Apply a dry dressing as needed.

If incisions are dry, you may shower 48 hours after surgery. Keep incisions covered with a waterproof bandage or plastic while you shower. Pat incisions dry and apply a clean, dry bandage. **DO NOT** apply ointment or cream to incisions.

Until your first visit with the doctor following surgery, do not swim, take tub baths, or use a whirlpool. You will return to the doctor for suture or staple removal approximately 10 to 14 days after surgery.

If no complications arise and surgery has proceeded as planned, you will go home as soon as you awake and are stable enough to do so. This is usually about one to three hours after surgery.

If you develop any fever (above 101 degrees), unexpected redness/swelling in your surgical extremity, uncontrolled nausea or vomiting or have any other questions, please call our office for further instructions.

If you or your family has questions or concerns, please contact our office at (501) 321-0555.