

# **Orthopaedic Specialist of Texas**

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*Carl A. Hicks, M.D.*

## **Fracture of the Hand, Wrist, or Upper Extremity**

### ***Before Surgery***

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex, Vioxx, or Bextra up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is an outpatient surgery. Please have someone there to take you home after surgery.

### ***After Surgery***

1. You will be placed in a splint after surgery. Please keep bandages clean, dry, and intact. You may loosen the Ace wrap if it is too tight or if your fingers are throbbing. You may wear arm sling for comfort.
2. Elevate your hand and forearm with pillows and place ice over incision for first week to decrease pain and swelling.
3. You may start taking all of your previous medications after surgery.
4. You will return to the clinic one week after surgery to have your stitches removed and for a post-operative check up.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.