



Orthopaedics & Sports Medicine, P.C.

Spine & Trauma Institute | Hand & Trauma Institute | Advanced Center for Excellence in Spine Surgery

[www.acespremortho.com](http://www.acespremortho.com)

201-833-9500

· Spinal Surgery  
· American Board of Orthopedic Surgeons

· Sports Medicine  
· Adult Reconstructive Surgery

## Pre-Op Instructions

### Hand & Upper Extremity Surgery

#### 1. Two Weeks Before Surgery:

- **Medications to Stop:** Stop taking **blood thinners, aspirin, fish oil, and Weight-Loss medications.**
  - DO NOT STOP TAKING ANY MEDICATIONS WITHOUT SPEAKING WITH YOUR SURGICAL COORDINATOR
- **Health Check:** Ensure any infections, cuts, or wounds are treated before surgery.

#### 2. One Week Before Surgery:

- **Pre-Surgical Testing:** Complete any required blood tests, EKG, or X-rays.
- **Diet:** Eat a balanced diet and stay hydrated.

#### 3. Day Before Surgery:

- **Fasting:** Do not eat or drink anything after midnight unless instructed otherwise by your doctor.
- **Hygiene:** Bathe or shower and wash the surgical area with antibacterial soap.

#### 4. Day of Surgery:

- **Arrival Time:** Arrive at the hospital or surgical center at the time given by them. Coming early is always recommended to complete paperwork/registration.
- **Clothing:** Wear loose, comfortable clothing and leave valuables at home.
- **Medications:** Take any prescribed medications with a small sip of water if instructed by your doctor.