

# Findling Surgical, P.C.

*Fillip M. Findling D.O.*

**Surgery of the Hand, Wrist, & Elbow**

Long Island Office:

15 Munro Blvd.

Valley Stream, New York 11581

Phone: (516) 791-5800

Fax: (516) 837-3999

Queens Office:

58-50 Catalpa Ave

Ridgewood, New York 11385

Phone: (718) 821-1910

Fax: (718) 821-1125

## Hand Surgery Pre-Operative Instructions

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1. Date of Surgery: \_\_\_\_\_
2. You will be called between by the hospital the afternoon before your surgery to inform you of your arrival time for your procedure the next day.
3. The day before your surgery, drink extra fluids. (REFRAIN FROM ALCOHOL.)
4. **No food or drink** after 12 midnight the night before surgery. No candy or gum chewing the day of surgery. Surgery may be cancelled if food or drink is taken after 12 midnight.
5. **MEDICATIONS:** In general, you may take your usual medications on the morning of your surgery with a small sip of water.
  - ◆ **If you take an oral medication for diabetes do not take this medication the morning of your surgery.**
  - ◆ **If you are on insulin for diabetes please consult with your physician before your surgery as you may need to modify your dosage.**
  - ◆ **If you are on Coumadin, Aspirin, plavix, pradax, or any other blood thinner, please notify this office and your physician immediately as these medications generally need to be stopped 7 days prior to surgery.**
6. Please make sure you have made arrangements for a companion to accompany you home from the hospital, otherwise the surgery will be canceled.
7. Please refrain from wearing any jewelry (i.e. rings, etc.) or bringing any valuables with you. Do not wear contact lenses.
8. Please make sure that your post-operative doctor and therapy appointments are scheduled per your doctor's instructions.
9. Do not hesitate to contact our office with any questions or concerns. (516) 791-5800 or (718) 821-1969

*Thank you for your cooperation*