

SURGERY SCHEDULED AT:

Brackenridge Hospital at _____ Am/Pm
Dell Children's Hospital at _____ Am/Pm
Seton Main Hospital at _____ Am/Pm
Central Park Surgery Center at _____ Am/Pm
St. David's Hospital at _____ Am/Pm
Meridian Surgery Center at _____ Am/Pm

INSTRUCTIONS BEFORE SURGERY

1. Plan to be at Hospital or Surgery Center an hour and a half to two hours prior to your surgery time scheduled.
2. Do not EAT or DRINK anything after midnight the night before your surgery. * Unless instructed otherwise due to certain medications, Example: blood pressure or diabetic medications. *
3. Do not take any Aspirin medications prior to your surgery.
4. Look forward to a call from the Hospital or Surgery Center for special instructions. They will give you the exact time to be there and directions on where to go for your surgery.

INSTRUCTIONS AFTER SURGERY

1. Plan to make a follow up appointment with Dr. Sharma, two weeks after your surgery here in the office unless instructed otherwise.
2. Leave dressings and/or splint intact until your follow appointment, unless instructed otherwise.
3. Keep operated extremity elevated at all times. Example: keep wrist/hand above waist when walking (a sling is often helpful), and keep extremity elevated on a pillow at night when sleeping to decrease swelling.
4. May use ice pack to operated extremity to decrease swelling.
5. Take pain medications as directed.

You may notify **Med Link at 512-323-5465 for emergencies if it's after office hours. They will get in contact with Dr. Sharma or physician that is covering for him.

Signature _____ Date _____

Signature _____ Date _____