



Dallas Hand Center

Megan M. Wood, MD
Aimee L. Schimizzi, MD
Surgery of the Hand, Wrist, and Elbow

Surgery Packet: Included in the packet below is the information you will need for surgery.

Surgery Date: Mon Tues Wed Thurs Fri _____

Check In Time: _____

This is an approximate check in time. Due to emergencies and unforeseen circumstances, our schedule is constantly changing. Therefore, we will not know your definite surgery time until the day prior. We will call to confirm time of surgery and check in time the day before surgery.

Facility:

<input type="checkbox"/> <u>North Central Surgical Center</u> 9301 N. Central Expressway Ste.100 Dallas, TX 75231 214-265-2810 www.northcentralsurgical.com	<input type="checkbox"/> <u>Medical City Dallas: Ambulatory Surgery Center</u> 7777 Forest Lane Expressway Ste.C-150 Dallas, TX 75230 972-566-6171 www.medicalcitydallasasc.com	<input type="checkbox"/> <u>Medical City Dallas Hospital</u> Building A (Admitting, 1st floor) 7777 Forest Lane Dallas, TX 75230 972-566-7000	<input type="checkbox"/> <u>Texas Institute for Surgery</u> 7115 Greenville Avenue Dallas, TX 75231 214-647-5300 www.texasinstituteforsurgery.com
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Post Op Appointment: Mon Tues Wed Thurs Fri _____

We will attempt to schedule your post-operative appointment at the time your surgery is scheduled, but this may change on the day of surgery.

Therapy Appointment: Mon Tues Wed Thurs Fri _____

You may or may not be scheduled for therapy post-operatively. Therapy may be performed onsite at Dallas Hand Center or at an outside facility. If you know you will need therapy post-operatively and would prefer to do so at an offsite facility (usually due to travel distances), please make us aware prior to your surgery to allow our office time to make arrangements.

Office Contacts:

Surgery Scheduling/Questions- Karina Arguello - email: karina@dallashandcenter.com
Insurance Benefits/Payments- Meredith Whitlock - email: meredith@dallashandcenter.com

PRE-SURGERY INSTRUCTIONS

1. Someone from our office will contact your insurance company for pre-certification if authorization is necessary. The facility will also confirm your coverage and notify you before surgery of the estimated amount for which you will be responsible. Once you have been contacted by the facility, please call our office to provide us with their estimated amount, so we can factor this in to any remaining deductible/out of pocket you may have while calculating our surgery estimate.

Note: Any estimates provided to you from our office will reflect only charges provided by Dr. Wood/Dr. Schimizzi/DHC, and will not include fees for a surgical assistant (if necessary), anesthesiologist, pathologist, or for the hospital/surgery center. These charges are billed separately by each entity.

2. **You must not have anything to eat or drink (including water) after midnight (12:00 a.m.)** on the day of surgery. No water or ice, chewing gum, hard candy, etc. If you eat or drink anything, your surgery will be cancelled for that day.
3. Please bring a copy of your insurance card(s) and some type of identification with you. Wear loose-fitting, comfortable clothing. Leave contact lenses, rings, all jewelry & valuables at home.
4. Arrange your transportation home (with someone you know) for after surgery. Taxi or bus is **not** acceptable unless a friend or relative accompanies you. You will not be allowed to leave the surgery center unaccompanied following your procedure.
5. Your prescription for pain medication will be given to you before you leave the surgery center. As of October 2014, most post-surgical pain medications must be hand written and can no longer be called in to your pharmacy.
6. There are some drugs such as aspirin, NSAIDS or other anticoagulants that can affect the clotting ability of your blood and contribute to excessive bleeding during surgery.

Please STOP the following medications 5 days prior to your surgery:

Aleve, Aspirin (Including Acetylsalicylic acid, ASA, Baby Aspirin, CAMA, Ecotrin, Percodan, Disalcid, ECASA, Zorpin, Ibuprofen (Including Advil), Excedrin, Medipren, Metadol, Midol, Motrin, Nuprin, Pamprin, Rufen, Saleto 200/400/600/800, Trendar, Fish Oil & Vitamin E

Your surgery may be cancelled if you have taken any of these medications within the 5 days leading up to your surgery.

Coumadin and Plavix patients: It is very important that you inform Dr. Wood and/or Dr. Schimizzi if you are on anticoagulant therapy. They will decide whether or not you need to stop the medication and may need to coordinate approval of this with your prescribing physician.

7. The anesthesiologist will often try to call you the night before surgery, usually in the early evening. It may appear as an unknown or blocked number. Try to answer their call in order for both you and the anesthesiologist to be prepared for surgery.

POST SURGERY INSTRUCTIONS

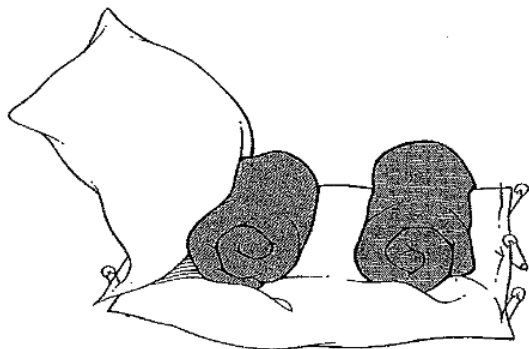
Since your operation will likely be done on an outpatient basis, you will be allowed to leave the surgery center shortly after your procedure. If you are expected to stay overnight, we will let you know. If so please make sure to bring a change of clothes, all of your current medications and any other items you may require including any and all home prescriptions or CPAP machine.

The following are a few guidelines that will help to make your recovery comfortable:

- **KEEP YOUR AFFECTED HAND ELEVATED AT ALL TIMES:** For hand surgeries, keep the wrist above your elbow and the elbow above your heart. This means keeping the hand higher than the elbow, which will keep the swelling and pain down. If you use a sling, do not allow the hand to hang below the level of the elbow. It is not necessary to wear the sling at all times, but you must keep the hand elevated. This reduces swelling and pain. For elbow surgeries, prop your arm up on pillows above your heart.
- You may have a regional block, meaning your anesthesiologist may decide to “put your arm to sleep.” This may last for several hours and will wear off gradually. Be sure to take your pain medication prior to the block wearing off completely. You will feel tingling before you feel pain.
- If your fingers are free postoperatively, move the fingers as normally as possible after the anesthetic wears off. Moving fingers can help decrease swelling. (See attached page for specific instructions.)
- **Do not get the initial post-operative dressing wet.** At the time of surgery Dr. Wood and/or Dr. Schimizzi will let you know what day you may remove your dressing. Until that time, please leave it undisturbed. For some patients, it may be necessary to leave the dressing on until a therapy or follow up appointment. She will inform you at the time of surgery and on your discharge orders what your post-op course will be. If you are uncertain, you may always call the office to confirm these instructions. Once the dressing is removed it is ok to shower/wash your incision site with soap and water. Avoid any other type of water including lakes, pools, hot tubs, baths and no yard work.
- Do not drive an automobile, operate heavy machinery or make important decisions for 24 hours after surgery due to the influence of anesthesia. You may resume driving when you feel you can do so safely and when you are no longer taking narcotic pain medication.
- If the dressing becomes too tight and the fingers are swollen, please call our office at (972) 566-4263. You may be instructed to loosen your post operative dressing, but please do not attempt this without first speaking with someone from our office.
- If you have increasing pain or swelling, or if you are concerned about your post operative course, please call our office to speak with our clinical staff, Dr. Wood, and/or Dr. Schimizzi. If you call after hours, the answering service will call Dr. Wood, Dr. Schimizzi or the physician on call with any concerns. This would include surgical pain not controlled by medication, concerns for infection during post-op course or anything that you think might be related to your surgery.
- Note: If you require a pain prescription refill, you must call the office during normal business hours. Dr. Wood and Dr. Schimizzi will not be paged after hours or on weekends for refills of pain medication. If you have any questions or concerns, please do not hesitate to call the office at (972) 566-4263.

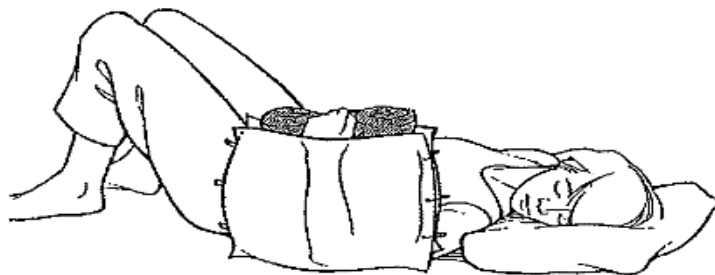
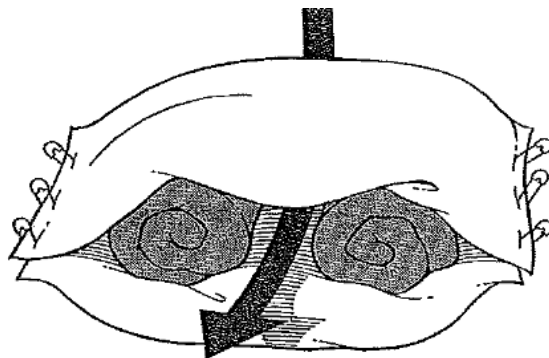
Tips for Arm Elevation:

After surgery, you may be given a blue foam "Carter pillow" that will help with arm elevation. If you do not receive a Carter pillow, below are instructions to make an aide that can help you to keep your arm elevated at night.



To maintain elevation of the hand while sleeping, use two standard sized pillows, six or eight large safety pins, and two rolled up bath towels.

The forearm is placed between the two bath towels inside the two pillows.



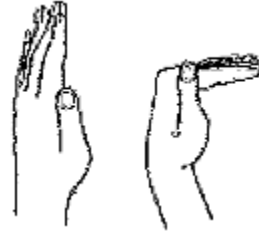
You will be able to sleep on your back or on your side, hugging the pillow.



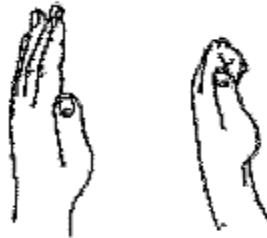
If your fingers are not immobilized post-operatively, you may do the following exercises to help reduce swelling in the fingers.

“Six-Pack” Exercises- Repeat these exercises 10 times every hour as needed for swelling and stiffness. This will also help decrease pain. If you should have any further questions please call the office.

1. Make a tabletop with your fingers by keeping your wrists and your fingers straight. Bend only at the knuckles.



2. Keep your knuckles and wrist straight. Bend and straighten your fingers.



3. Make a fist, being sure each joint is bending as much as possible.



4. Straighten your fingers as much as possible.



5. Make an “O” by touching your thumb to your fingertips, one at a time. Open your hand wide after touching each finger.

6. Rest your hand on the table with the palm down. Spread your fingers wide apart and bring them together again.





DALLAS ANESTHESIOLOGY ASSOCIATES

4144 North Central Expressway, Suite 360 • Dallas, TX 75204

Telephone: (214) 827-7460 • Fax: (214) 826-6858

Dear Patient:

Dr. Wood and Dr. Schimizzi have consulted with Dallas Anesthesiology Associates, P.A. (DAA) to provide anesthetic care for their patients. Over the years, the physicians of DAA have worked in tandem with Dr. Wood and Dr. Schimizzi to make the surgical experience of their patients as pleasant as possible. More importantly, they know our association offers anesthesiologists who have extensive experience in providing anesthetic care for orthopedic patients. They trust that we will take excellent care of you as we have done for their patients in the past.

Based on Dr. Wood and Dr. Schimizzi's referral, we look forward to caring for your anesthetic needs. We hope to reduce the worry and stress associated with having a surgical procedure. To accomplish this and avoid confusion on the day of your procedure, we need you to assist us by contacting our office at least five business days prior to your scheduled surgery.

Please contact our office at (214) 252-3511 between 9:00 a.m. and 4:00 p.m. Our office staff will ask for some basic information regarding your insurance. As you may be aware, you will receive a separate bill for our services since we are not employed by the hospital. The physicians of DAA do accept Medicare, Medicaid and Workers' Compensation. We also make every effort to participate with all major managed care plans operating in the Metroplex. Unfortunately, we are unable to contract with all plans.

If we are In-network providers for your insurance plan, we will be able to estimate our anesthetic fee based on the insurance information you provide as well as information provided by Dr. Wood and Dr. Schimizzi's office regarding your surgery. If we are not providers under your plan, we will not be able to predict how much of our fee will be paid by your insurance company. You will need to contact your insurance company representative directly to determine the out-of-network deductible under your policy and the portion of our fee that will be your responsibility. If you would like assistance with this process please contact our office at 214-252-3511.

Our office staff will also request a telephone number where you can be reached by one of our physicians the night before surgery. Our typical practice is to have the anesthesiologist who will provide your care call the night prior to surgery. If the physician is unable to reach you the night prior to surgery, he will speak with you immediately prior to your surgery. With the new federal guidelines regarding patient privacy (HIPAA), it is recommended that physicians not leave messages regarding a patient's care on an answering machine without the patient's prior permission. If you do not hear from your anesthesiologist the night prior to surgery, please follow the instructions given to you by Dr. Wood or Dr. Schimizzi.

We welcome the opportunity to care for you and your anesthetic needs.

Very truly yours,

Dallas Anesthesiology Associates, PA