



# Texas Hand & Arm Center

## Surgery Information Packet

Please read through each page of this informational packet to best prepare for each stage of your upcoming surgery. You will find instructions and answers to many of the questions you may have regarding what you should expect both *before* and *after* your surgery.

**Surgery Date:** Mon    Tues    Wed    Thurs    Fri    \_\_\_\_\_

**Check-In Time\* (tentative):** \_\_\_\_\_

\*This is a tentative check in time. Our surgery schedule is not typically finalized until the afternoon prior, due to cancelations, emergencies, and unforeseen circumstances. Therefore, we will not call you to confirm a definitive arrival/surgery time until the afternoon prior to your surgery date.

### Facility:

<input type="checkbox"/> <b><u>North Central Surgical Center</u></b>  9301 N. Central Exp, <b>Tower 1, 1st floor Ste.100</b> Dallas, TX 75231 214-265-2810 <a href="http://www.northcentralsurgical.com">www.northcentralsurgical.com</a>	<input type="checkbox"/> <b><u>North Central Surgical Center</u></b>  9301 N. Central Exp, <b>Tower 2, 6th floor Ste.670</b> Dallas, TX 75231 214-265-2810 <a href="http://www.northcentralsurgical.com">www.northcentralsurgical.com</a>	<input type="checkbox"/> <b><u>Baylor Scott &amp; White Sports Surgery Center at The Star</u></b>  3800 Gaylord Pkwy, Ste. 410 Frisco, TX 75032 972-668-5911 <a href="https://www.bswhealth.com/star/sports-surgery-center">https://www.bswhealth.com/star/sports-surgery-center</a>	<input type="checkbox"/> <b><u>Medical City Dallas Ambulatory Surgery Center</u></b>  7777 Forest Lane, Ste. C-150 Dallas, Tx. 75230 (972)566-6171 <a href="http://www.medicalcitysurgerydallas.com">www.medicalcitysurgerydallas.com</a>
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**Post Op Appointment Date & Time:** Mon    Tue    Wed    Thu    Fri    \_\_\_\_\_

We will attempt to schedule your post-operative appointment at the time your surgery is scheduled but it is subject to change.

**Therapy/Splint Appointment Date & Time:** Mon    Tue    Wed    Thu    Fri    \_\_\_\_\_

Your doctor will determine if you should be scheduled for a post-operative hand therapy or custom splint appointment. These services may be performed onsite at Texas Hand and Arm 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 of this prior to your surgery to allow our office ample time to make these arrangements on your behalf.

**Cancellation Policy: If you need to reschedule/cancel surgery THAC must be notified at least 24 hours prior to surgery. Any cancellations after that time may be subject to a \$100.00 cancellation fee.**

**Have questions/concerns regarding surgery scheduling and/or related financial matters? Contact:**

Dr. Wood

**Surgery Scheduler**  
Ph: 214.347.7800 x111  
[brigitte@thac.us](mailto:brigitte@thac.us)

Dr. DiLiberti

**Jody Grosek, Surgery Scheduler**  
Ph: 214.347.7800 x110  
[Jody@thac.us](mailto:Jody@thac.us)

Dr. Mezera

**Rosa Olvera, Surgery Scheduler**  
Ph: 214.347.7800 x113  
[rosa@thac.us](mailto:rosa@thac.us)

## **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 likely be financially responsible. Once you have been contacted by the facility, please call our office to provide us with their estimated amount, so we can deduct this amount from your remaining deductible/out of pocket amounts you may have prior to calculating our estimate. Essentially, this will benefit you greatly, as it prevents our office from overcharging you.

Note: Any estimates provided to you from our office will reflect *only* the services provided by your doctor and **do not** include fees for a surgical assistant (if necessary), anesthesiologist, pathologist, or for the hospital/surgery facility. These services 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, no ice, no chewing gum, no hard candy, etc. If you eat or drink anything, your surgery will be cancelled for that day.
3. Please take a copy of your insurance card(s) and a form of identification with you. Wear loose-fitting, comfortable clothing. Leave contact lenses, rings and all valuables at home. You must remove all jewelry from your operative hand prior to arrival or at the surgery center. If you are not able to remove a ring from your operative hand, you may need to have it cut off.
4. Arrange your transportation home (with someone you know) for after surgery. Uber, Lyft, taxi, bus, etc. are **not** acceptable, unless a friend or relative accompanies you. You will not be allowed to leave the surgery center unaccompanied following your procedure.
5. A prescription for pain medication will be given to you before you leave the surgery center by your doctor.
6. There are some medications (such as aspirin, NSAIDS, or other anticoagulants) that can affect the clotting ability of your blood and contribute to excessive bleeding during/after surgery.

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

Aleve, Aspirin (including Acetylsalicylic acid, ASA, Baby Aspirin, Ecotrin, Percodan, ECASA, Zorpin, Ibuprofen (including Advil), Excedrin, Midol, Motrin, Nuprin, Pamprin, 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.**

**Please STOP all Phentermine or diet pills 2 WEEKS prior to surgery! Your surgery will be cancelled if you have not stopped your Phentermine 2 weeks prior to your surgery.**

**Coumadin and Plavix patients:** It is very important that you inform your doctor if you are on anticoagulant therapy. They will decide whether you should 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. Please make every effort to answer this call, as they may have specific pre-surgical instructions for you, and this will also be a great opportunity for you to relay any questions or concerns you may have for them prior to your surgery.

## **POST-SURGERY INSTRUCTIONS**

Since your operation will likely be done on an outpatient basis, you will be allowed to leave the surgery facility shortly after your procedure. If you are expected to stay overnight (please ask if you are unsure), you must bring a change of clothes, all of your current medications, and any other items you may require including CPAP machine, nighttime medical/dental equipment, etc.

The following guidelines will help make you more comfortable during your recovery:

- **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. We typically do not recommend the use of a sling, but in some cases, we may. If you use a sling, do not allow the hand to hang below the level of the elbow-you must keep the hand elevated. This reduces swelling and pain. For elbow surgeries, prop your arm up on pillows above your heart.
- 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 page 4 for detailed instructions.)
- **Do not get your post-operative dressing wet!** At the time of surgery your doctor 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. You will be informed of this at the time of surgery and on your discharge orders what your post-op wound care 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, but *only under clean, running water*. DO NOT SUBMERGE your incision site in *any* type of water including baths, lakes, pools, and hot tubs. DO NOT PERFORM ACTIVITIES that could introduce bacteria into your incision, such as yard work or activities that cause excessive sweat/moisture at the incision site. ALSO, DO NOT APPLY ANY TYPE OF ANTIBACTERIAL OINTMENT/CREAM (i.e. Neosporin) to the incision, unless you have specifically been instructed to do so by our clinical staff.
- Do not drive an automobile, operate heavy machinery or make important decisions for at least 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 immediately at (214) 347-7800. You may be instructed to loosen your post-operative dressing; 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 or with your doctor. If you call after hours, the answering service will contact your doctor or the physician on call with any concerns. These concerns would include surgical pain not controlled by medication, concern for infection, or any concern that you feel might be related to your surgery.
- Note: If you require a pain prescription refill, you *must* call the office during normal business hours. Your doctor will not be contacted after hours or on weekends for refills of pain medication.

## Figure 1 How to Manage Pain after Hand Surgery

*Try these strategies first to help relieve your discomfort.*

### Rest:

Take frequent rest periods and reduce activity.

### Ice:

Apply ice to affected area (not directly on skin) for approximately 10 minutes at a time.

### Elevation:

Elevate the arm you had surgery on above the level of your heart. Prop your hand on pillows or blankets to keep it elevated comfortably.

### NSAIDs:

Non-Steroidal Anti-Inflammatory Drugs help reduce swelling and relieve pain. (e.g. Ibuprofen, Motrin, Advil, Aleve, Naproxen)

### Tylenol:

Helps relieve pain and can be alternated with NSAIDs. Do not exceed max daily dose of 4,000mg in 24hrs. Do not use if you are using other medications that contain Tylenol.

*If you continue to experience pain after trying the other strategies first. As a last resort, take opioid/narcotic medications as prescribed.*

**Opioids/Narcotics** are prescription pills that are very powerful.

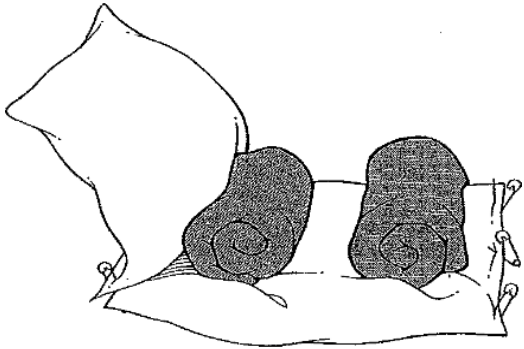
Please take the lowest dose prescribed and no more frequently than every 4 hours.

### Common Side Effects of Opioids/Narcotics:

- Constipation:** drink a lot of fluids, try caffeine, stool softener, Miralax, walking around.
- Nausea:** eat prior to taking pills.
- Lightheadedness/dizziness:** drink fluids, get up slowly, don't overexert, reduce the number of pills taken.
- Headaches:** drink fluids, reduce number of pills taken.
- Sleepiness/sedation:** reduce the number of pills taken with each dose.
- Hallucinations:** stop taking the pills immediately.

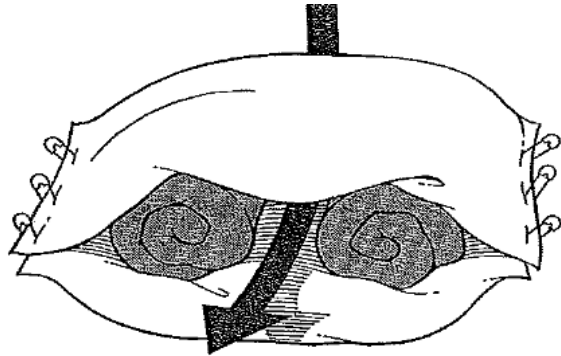
## Tips for Arm Elevation

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

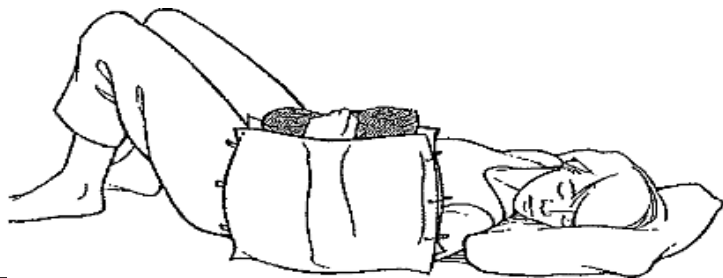


To maintain elevation of the hand while sleeping, use two standard sized pillows, six or eight large safety pins, and two rolled up bath towels.

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.

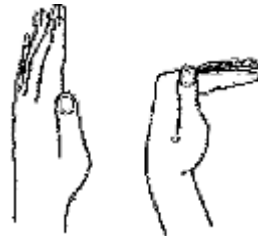


## Finger Exercises

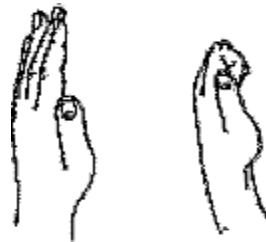
If your fingers are not immobilized post-operatively, you may perform the following exercises to help reduce swelling in the fingers.

**“Six-Pack” Exercises-** Repeat these exercises 10 times every hour as needed for swelling and stiffness. This will also help decrease pain.

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,

Your Doctor has 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 your surgeon 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 your Doctor'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 your Doctor'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 your Doctor's office.

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

Very Truly Yours,

Dallas Anesthesiology Associates, PA



**Texas Hand  
& Arm Center**

## **DISCLOSURE OF PHYSICIAN'S OWNERSHIP INTEREST IN NORTH CENTRAL SURGICAL CENTER, L.L.P**

Due to your physician's concern over improving the quality of care and controlling the costs of medical procedures, he/she, along with several other physicians, have invested in North Central Surgical Center, L.L.P., the Limited Liability Partnership that operates the Hospital. North Central Surgical Center is located at 9301 North Central Expressway, Suites 100 in Tower 1 and Suite 670 in Tower 2 Dallas, Texas, 75231.

This investment provides your physician an opportunity to be actively involved in the quality control over your medical procedures and to ensure that your medical costs are reasonable. Your physician's ownership interest in North Central Surgical Center, L.L.P., however, does mean that your physician may benefit from choosing to perform surgical procedures on you at this facility. Because of this, your physician hereby advises you that you have the right to choose to be treated at some other facility in which they provide services. Your physician will make arrangements for such an alternative should you so desire.

**O: 214.347.7800 | [TexasHandAndArmCenter.com](http://TexasHandAndArmCenter.com)**

**9301 North Central Expressway, Tower 1, Suite 300, Dallas, TX 75231**