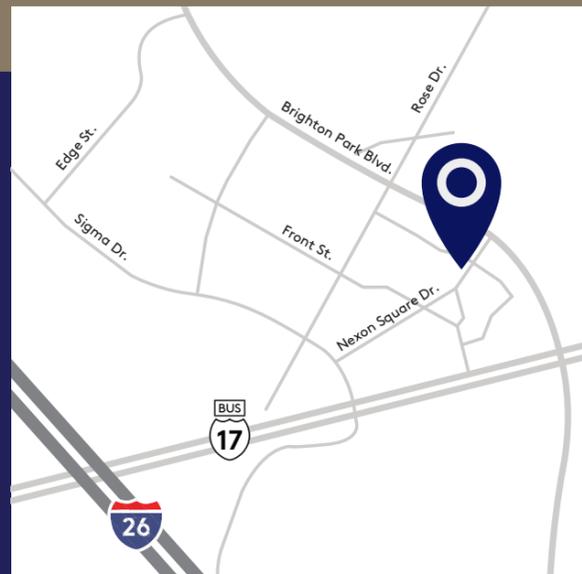
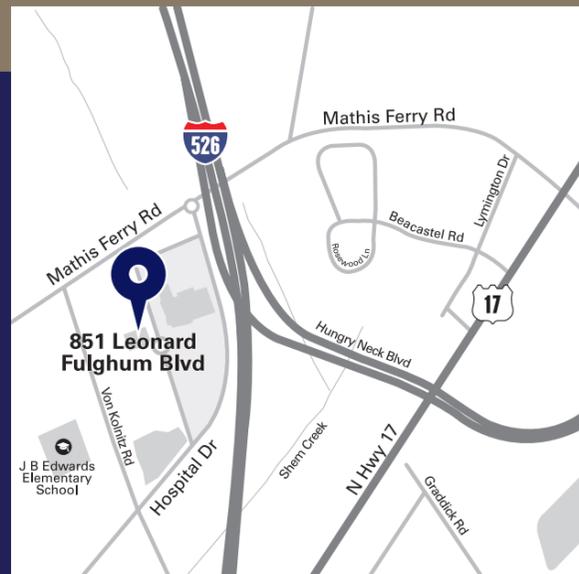


Your destination for **hand and wrist care!**



Summerville Office
202 Nexton Square Drive
Summerville, SC. 29486



Mount Pleasant Office
851 Leonard Fulghum Blvd, Suite 101
Mt. Pleasant, SC 29464

Our providers



Eric Angermeier, MD
Orthopaedic Hand and
Wrist Surgeon



Kyle P. Kokko, MD , PHD
Orthopaedic Hand and
Wrist Surgeon

Preoperative Instructions



EAST COOPER MEDICAL GROUP

854-429-4263 | HandInstituteOfCharleston.com



EAST COOPER MEDICAL GROUP

Preoperative Instructions

Preparing for your Surgery:

- You are in good hands! We are here to help you every step of the way. Don't hesitate to call us with any questions at: **854-429-4263**.
- Expect a call from the surgery center staff to confirm details of your surgery including date and time. Be prepared to answer a few questions about your medications and medical history and have your insurance information available.
- Please arrange for a loved one/responsible adult to stay in the waiting room during your surgery as well as drive you home and stay with you for the first 24 hours after your surgery as you recover from anesthesia. You will not be allowed to drive yourself home or leave in any transportation for hire by yourself (Taxi, Uber, Lyft, Bus, etc).
- Make arrangements with your work in advance. A brief work note (if needed) will be provided with your discharge packet. We are not able to fill out disability, FMLA, or insurance paperwork on the day of surgery.
- Please notify us immediately if there is any possibility you are pregnant, or if new significant symptoms or medical conditions arise since we have last seen you (fever, cough, etc.).
- **Remove fingernail polish** and artificial nails from the affected hand(s).
- **Be CERTAIN you can remove ALL RINGS from BOTH hands.** If you cannot, please visit a jeweler for removal/resizing. ALL rings and piercings must be removed for surgery. Plan to leave all valuables at home, including jewelry.

The Night Before Surgery:

- **DO NOT EAT or DRINK ANYTHING (including water, gum, or candy) for 12 HOURS prior to your surgery time.** Your surgery may be **CANCELLED** if you do. You may take approved medications with small sips of water during this time. We will instruct you if there are any meds you should stop taking.
- **DO NOT USE TOBACCO PRODUCTS for 24 hours prior to your surgery time.**

The Morning of Surgery:

- **DO NOT EAT or DRINK ANYTHING (including water, gum, or candy) for 12 HOURS prior to your surgery time.** Your surgery may be **CANCELLED** if you do. You may take approved medications with small sips of water during this time.
- **Bathe or shower and remove all makeup.** Do not apply lotions or oil after bathing.
- Wear comfortable, loose-fitting clothing and shoes.
- Allow for traffic so that you can arrive promptly. Late arrivals may need to be rescheduled.
- Leave all jewelry (including piercings) and other valuables at home.
- Bring any paperwork, splints/braces, or other items if you have been instructed to do so (not all patients will need a splint/brace).

What to Expect at the Surgery Center:

- You and your loved one/responsible adult will register at check-in and then be brought back to a bed in the preoperative area.
- You will be provided with a hospital gown to change into.
- The anesthesia team will ask you a few medical questions and answer any questions you may have regarding the anesthesia plan.
- Your surgeon will mark your operative site and answer any questions prior to rolling back to the operating room. Our team's goal is to keep you as comfortable as possible throughout the process.
- After surgery, most hand surgery patients require only a brief stay in the recovery unit (usually 30-90 minutes).
- Please understand that while the procedure itself may be brief, the total process from check-in to check-out can take several hours. Patient safety and delivering the highest possible quality of care will always be our priority, and sometimes this takes longer than anticipated. We greatly appreciate your patience!

Frequently Asked Questions:

How much and how long will it hurt?

Everyone experiences pain differently, and this will also vary with the type of procedure. The greatest discomfort usually occurs for the first 24-48 hours after the numbing wears off. For small procedures often no prescription pain medication is needed at all.

When will the numbness wear off?

Local numbing (used for small procedures) usually resolves within 2-6 hours. Regional block numbing (whole arm numbing used for bigger cases) usually resolves within 6-24 hours depending on the type of numbing medicine used.

When can I go back to work?

This will be customized for each patient based on their job requirements and rate of recovery. You will be provided with activity restrictions in your discharge paperwork based on the type of procedure that was performed.

Will I need hand therapy?

Not all procedures require therapy. This depends on the type of procedure performed, and also how you are recovering. Detailed instructions will be provided in your postoperative paperwork. In some cases, we will go ahead and schedule your first therapy visit to coincide with your first postop visit.

When should I get my other side fixed?

If you also have a problem that needs surgery in your other hand, we typically recommend holding off on scheduling the other side surgery until your first postoperative visit (2 weeks). This allows time to make sure things are healing appropriately and provides you with at least one hand to use for personal care while the other is healing.

Additional Instructions:

Please call our office for any questions or concerns: **854-429-4263**