

# PETER HONEY

MBBS FRACS ORTHOPAEDIC SURGEON  
Hand & Upper Limb Surgery Knee & Sports Injury Surgery

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## PRE-OPERATIVE INSTRUCTIONS

1. Be very careful not to get any cuts or scratches on your arms or hands before surgery, as these can be a source of infection. The worst of all are cat scratches. Do not even play with you cat the week before surgery. If an inflamed cut or scratch is present on the morning of surgery, your surgery may have to be rescheduled.
2. Keep you hands as clean as possible in the last few days before surgery. Remove all the grease, dirt and oil as meticulously as possible especially under the fingernails. Remove all fingernail polish.
3. Do not eat or drink anything after midnight the night before surgery.
4. If you have critical medications to take (such as cardiac medications), you may take these with a tiny sip of water.
5. For 10 days prior to surgery do not take any aspirin compounds or anti-inflammatory pain relievers such as Aspirin, Ibuprofen, Naproxen, Voltaren, Orudis, etc. Panadol is okay.
6. Write down on a sheet of paper a list of medications you are currently taking and their doses along with a list of your major medical problems and previous surgeries. This is to make it easier for you when the hospital personnel will be asking for all this information.
7. Wear loose clothing that can fit over a bulky splint for the return trip home. Leave all jewellery at home. You must enter the OR wearing a hospital gown; the hospital will not be responsible for jewellery you take off in the pre-op holding area.
8. You must have someone to drive you. You will not be allowed to leave the hospital unaccompanied after surgery. It is not advisable to drive with a splint.
9. The scheduled check in time is well in advance of your surgical time. There will be some waiting. Bring something to read.
10. Make sure to leave your phone number with the pre-op nurses. Surgical schedules change during the day due to emergencies etc. The hospital must have a way to contact you.
11. If you are scheduled for outpatient surgery you will be able to leave several hours after your surgery is finished. If you are scheduled for an overnight admission, you will leave the following morning.