



Ochsner Outpatient Surgery Instructions

Orthopedics: Hand Specialty

Ross Dunbar, M.D

Name of Surgery _____

Date of Surgery _____

****You will be called between 3 pm and 6 pm the DAY BEFORE SURGERY with your arrival time.
PLEASE DO NOT CALL THE SURGERY DEPARTMENT FOR ARRIVAL TIME****

Campus: Ochsner St. Charles Ochsner Elmwood Merrill Hines Surgery Center

Pre-Operative Instructions for Dr. Dunbar:

Do not eat or drink anything after midnight, including any candy or gum. Anesthesia will call to give you more specifics if they apply to you.

Do not take any Diabetes medication the morning of surgery.

Continue to take all blood pressure medications as usual.

No nail polish/artificial nails.

Blood thinners _____

***Avoid Aspirin and NSAIDS for 5-7 days prior to surgery. This includes Advil, Aleve, Motrin, Ibuprofen, Naproxen and Meloxicam (Mobic).**

PLEASE NOTE THAT YOU WILL NEED A RIDE HOME FROM SURGERY-NO TAXI OR UBER

Post-Operative Instructions for Dr. Dunbar:

1. You have been placed in a sterile post-operative dressing. Do not remove dressing unless instructed to by Dr. Dunbar or his staff.
2. You will be given a two-week post-operative appointment to see Dr. Dunbar. The dressing will be removed at this time along with any sutures/staples.
3. Continue to move anything (fingers, wrists, elbows and shoulders) that is not immobilized in a splint, cast or sling.
4. Please **DO NOT** attempt any strengthening exercises, including exercise balls or therapy putty, as this could lead to more swelling and stiffness.
5. Please be sure to elevate the hand or arm above the level of your heart to reduce swelling.
6. It is recommended that you place cold packs inside plastic/Ziplock bags onto your arm, hand or fingers. Please make sure that no moisture gets into or onto the dressing.
7. If at any time during the two-week post-operative period your dressing/splint feels too tight or uncomfortable, call our office so we can get you in for a dressing/splint change.
8. If your dressing gets wet, please call our office at **504-842-4263** to inform the staff that you are a post-operative patient and that you need to have your dressing changed.
9. Pay attention for signs of infection: **warmth, redness, swelling, increased pain, fever, chills and nausea. If it normal to have some pain and swelling following surgery, but with any concerns always call our office.**

Surgeries That Require Admit:

If your surgery requires you to stay in the hospital, we offer hospital services at this campus. The team caring for you will consist of Advanced Practice Providers, nursing and respiratory personnel. You will also receive daily visits by your Physician, Resident, Fellow or Advanced Practice Provider. If you should require a higher level of care for any reason you will be transferred to Ochsner Medical Center, Jefferson Hwy., for assessment and treatment.

Patient Signature _____

Date _____

Witness's Signature _____

