



A Campus of Ochsner Medical Center

HAND CLINIC SURGERY INSTRUCTIONS

Leslie Sisco-Wise, MD

Jessica Bruggers, PA-C

Sadie Chotto, PA-C

Name of Surgery _____

Date of Surgery _____

PLEASE NOTE: YOU WILL NEED A RIDE HOME FROM SURGERY. NO TAXI, UBER, ETC.

****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: Baptist: Magnolia Elmwood: Building A Jefferson Hwy: Merrill Hines

Pre-Operative Instructions for Dr. Sisco-Wise:

Do **NOT** eat or drink anything after midnight, including any candy or gum.

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).**

Post-Operative Instructions for Dr. Sisco-Wise:

1. You have been placed in a sterile post-operative dressing. Do not remove dressing unless instructed to by Dr. Sisco-Wise or her staff.
2. One or two weeks after surgery, you will have a post-operative clinic visit with our **Physician Assistants**. The dressing/splint will be removed at this time along with any sutures/staples that are present.
3. Please 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. Apart from shoulder surgery patients, 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 the dressing/splint remain dry**.
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 provide you with a dressing/splint change.
8. If your dressing/splint 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 be seen in the Hand Clinic.
9. Please note the **following signs of infection**: warmth, redness, swelling, increased pain, fever, chills and nausea. If it normal to have some pain, swelling and sometimes warmth following surgery, but do not hesitate to call our office with any concerns you may have.

Elmwood 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 Highway, for assessment and treatment.

Patient Signature _____

Date _____

Witness Signature _____