



Lisa R. Reznick, M.D., P.A.

BOARD CERTIFIED ORTHOPAEDIC & HAND SURGEON

SPECIALIZING IN GENERAL ORTHOPAEDICS & HAND SURGERY

GENERAL PRE-OPERATIVE INSTRUCTIONS

- ❖ Please have a driver available to bring you to and from the surgery center.
- ❖ Please arrive at the surgery center one (1) hour prior to your scheduled surgery time.
- ❖ Remember to bring your photo ID and insurance card to the surgery center. Failure to do so could result in cancellation/rescheduling of your surgery.
- ❖ Discontinue all aspirin, fish oil and anti-inflammatory medications such as Advil, Ibuprofen or Aleve at least 10 days prior to surgery.
- ❖ **DO NOT** eat or drink **ANYTHING** after **MIDNIGHT** the night before your surgery. The only exception to this would be if your physician, surgeon or anesthesiologist has instructed you to take some of your specific, routine medications with a **SMALL SIP** of water the morning of your surgery (such as your high blood pressure medications).
- ❖ Please remove nail polish from the fingers of the operative limb and remove jewelry from **ALL** body parts prior to surgery.
- ❖ For patients with specific dietary restrictions, please bring a snack with you to eat **AFTER** your surgery and before you take pain medication in order to avoid nausea. Otherwise, the surgery center provides snacks in the recovery area.
- ❖ Please wear comfortable, non-constricting clothing that is easy to take on and off and will fit over your dressing/splint.
- ❖ Please contact Dr. Reznick's office at (972) 395-9000 for any questions or concerns regarding your surgery.