

Frequently Asked Questions

BEFORE SURGERY:

What time will my surgery happen? Although the date of your surgery will be scheduled well ahead of time, the actual time will be assigned 2-3 days prior to that date.

Why can't I get a time well in advance? Some cancellations happen a few days before surgery requiring time slot changes last minute. Also, some injuries like in kids come a few days before your scheduled surgery which might take precedence over your assigned time. This allows us to give you the best care possible and a onetime attempt for definitive time instead of changing times last minute.

When do I have to stop eating or drinking? You may not eat or drink after midnight the night before your surgery. You may have sips of clear liquid such as water with morning medications only up until 2 hours before your surgery time. If you are having your procedure under local anesthesia only, you may eat and drink as you wish at any time all the way up to the surgery time.

Do I need any testing prior to surgery? Depending on your age and health, anesthesia may require bloodwork, EKG, cardiac testing, or even a visit with our Pre-Admission Testing clinic (at the hospital) prior to your surgery. These will be arranged for you prior to your surgery date.

What else do I need to have prepared? Make sure you have a comfortable place set up to rest when you arrive home from surgery. You need someone to stay with you after general anesthesia. The anesthesiologist may not agree to put you to sleep if you don't have anyone with you to go home with after the surgery. You may sleep in any position you feel is comfortable for you.

DAY OF SURGERY:

What do I need to bring to surgery? Bring your ID, Insurance Card, and payment method such as credit card or cash.

What do I wear for surgery? Wear supportive shoes and loose fitting comfortable clothes. For modesty reasons, you may want to wear "boy shorts" or "boxer brief" type of underwear for lower extremity surgery. Consider wearing a button-up shirt for upper extremity surgeries.

Do I need someone with me? If you are having sedation or general anesthesia then you must have a responsible adult (over 18) with you to safely drive you home and get you settled. You may NOT take an Uber/Taxi home by yourself. Your surgery will be cancelled if no one is

present. If you are having local anesthesia, you may drive yourself home and do not need anyone to stay with you.

Where do I get an excuse note from work or school? Please call the office at 812-333-2663 in advance or after the surgery to ask for that if needed.

Where and when do I pick up pain medications? Your meds will be sent in electronically to your pharmacy of record the day prior to your procedure. We recommend that you pick them up after the surgery and call the pharmacy to make sure there are no medications shortages prior to picking them up.

Should I get a nerve block if offered to me? If your surgeon/anesthesiologist recommends it for medical reasons or before a bigger procedure, then it is advisable. If your surgeon/anesthesiologist offer it as optional, then it is your personal preference to discuss the detailed advantages and disadvantages. Advantages (decrease anesthesia gas and pain medicine use during the surgery which makes your wake up easier and faster, less nausea after surgery, need to wear a sling to support the arm until the block wears off, excellent almost full pain relief after surgery. Disadvantages (Very small chance of temporary or permanent nerve damage, cannot use the whole arm for 15-20 hrs. after surgery, pain will come about suddenly when it wears off, need to wear a sling to support the arm until the block wears off)

AFTER SURGERY:

Will I stay overnight after my procedure? Unless we have pre-arranged an overnight stay for medical observation or you have difficulty with post-op pain medication, you will be sent home when recovery criteria are met. This usually occurs about 1-2 hours after your surgery ends.

When do I resume my home medications? You may resume all home medications the evening of the same day as your surgery unless otherwise directed. If you take a blood thinner, you may resume it 24 hours after your surgery unless otherwise directed. If you had a visit with the Pre-Admission Testing clinic prior to your surgery, they would provide detailed instructions about when to resume all medications.

I have FMLA/STD paperwork. How does this get completed? YOU are responsible for this process. You need to bring this paperwork, with all your sections completed and signed to the office. You could also have your employer fax the paperwork to us before surgery at 812-349-9206, but we strongly recommend that you hand-deliver it to us to eliminate delays. After receiving documents, we will complete our sections and fax them back to your employer. YOU must follow up with your employer to ensure that they received our fax, and no other information is needed. Our office requires 10 business days to complete this paperwork once it is received in our office. FMLA paperwork can not be provided or filled on the day of surgery.

You may fax 812-349-9206 it to our office or call Hannah Allen (nurse) 812-333-BONE to help with that.

What position do I sleep in after the surgery? Make sure you have a comfortable place set up to rest when you arrive home from surgery. You need someone to stay with you after general anesthesia. The anesthesiologist may not agree to put you to sleep if you don't have anyone with you to go home with after the surgery. You may sleep in any position you feel is comfortable for you. If you had a regional block, then keep the sling on and do not sleep on your arm and hand. It would help to be on your back in that case.

What will cover the wound after surgery? You would have a splint if you had: Fractures or broken bones, tendon repair in the hand/finger, thumb/finger arthritis surgery, nerve repair, biceps tendon repair. Bulky bandage if you had: Nerve release like carpal tunnel or cubital tunnel, trigger finger or thumb, tendinitis surgery or ganglion cyst excision.

What do I do with the bandage/cast/splint and wound? Do I change it? Nothing at all. You do not change or adjust the bandage unless it is very tight and you feel it very tight. The wound will be covered with a bandage/splint. They need to remain clean and dry and should NOT be removed or changed until your next follow up appointment with one of the providers (10-14 days) or with your therapist (3-7days). We will remove your bandage at that time. A cast also stays on until the first follow up.

What do I do with a tight bandage/splint or severe swelling? You may loosen the tan colored ACE wrap and loosen the white cotton and rewrap with the ACE. Try not to go to the deeper gauze layer over the wound. If you are having issues 12-24 hours after doing that that, please call the office at 812- 33-BONE to trouble shoot further.

What to do with a wet bandage/cast? You may remove the tan colored ACE wrap and the white cotton. Dry the wound and rewrap with fresh material from the pharmacy if after hours. Call the office at 812-333-BONE to trouble shoot further or during business hours. Do NOT apply creams, antibiotics or other ointments over the wound itself. If you had a cast, then pls call the office and do not try to remove yourself.

How do I shower with bandage? The cast, splint, bandage needs to be covered with a plastic bag and taped. The arm/hand elevated during showers. You may buy a cast/bandage cover online like Amazon that would work better than a trash bag and tape.

When can I resume food after surgery? Any special diet after surgery? You can eat immediately after surgery if you feel like it and there are diet restrictions.

Can I move the hand/fingers/thumb after surgery? It depends on the procedure. You can and are encouraged to move anything that is clearly exposed and not splinted or bandaged.

- ✓ Hand tendon repair: You should NOT use or move the whole surgical hand.
- ✓ Thumb arthritis surgery, you can move the fingers and the exposed tip of your thumb but do NOT USE the thumb and pinch or use it.

When can I return to work? It depends on your job description. Please ask your surgeon if you have needs to return to work before your first post-op visit. In general, it is advisable to avoid or minimize work and protect the wound for 10-14 days from surgery until the wound heals before resuming work.

Ice/Elevation? Both help for any procedure. Do not apply ice directly on the skin and avoid ice in any area that is numb after surgery.

Where do I get an excuse note from work or school? Please call the office at 812-333-2663 in advance or after the surgery to ask for that when needed.

When do I start taking the pain meds after surgery if I got a nerve block? You may start taking the pain meds once you get back home or a few hours after the procedure.

Who do I call if I have a further or other problems? Someone answers the phone at our office (812-333-2663) 24 hours a day, 7 days a week, year-round. If your question is not urgent/emergent, please call during business hours. Please refer to your discharge paperwork first - if you have questions about your bandage, ice, pain medication, etc. then call the office.