

Bret Peterson, MD

Hand & Upper Extremity Surgery

PREPARATION FOR SURGERY

Before Surgery:

- If requested by Dr. Peterson, arrange to have preoperative testing done at least two weeks before surgery at your medical doctor's office such as if you have cardiac conditions and need clearance from your cardiologist. Some blood testing and labs can be performed at our lab at OCR if needed. Please be certain that if you perform testing at an outside facility that the results are faxed to Dr. Peterson at 970-493-1794 promptly or your surgery may have to be postponed. Have your doctor fax or send results of your operative clearance to Dr. Peterson's office.
- Compile a list of all medications you are currently taking and bring the list for Dr. Peterson and the anesthesiologist.
- If you take any aspirin or anti-inflammatory products (i.e. Advil, Motrin or Aleve), you will likely be asked to discontinue these one to two weeks prior to surgery for larger, more invasive operations. For the majority of surgeries you do not need to discontinue your aspirin or anti-inflammatory medication. Ask Dr. Peterson or his staff if you have any questions. Tylenol is acceptable in place of these NSAIDs if you do need to stop. If you have been placed on a blood thinner for a cardiac stent, history of blood clot, stroke, or other blood clotting

Continued:

- problem, ask Dr. Peterson and/or your doctor prior to discontinuing those medications. Typically you will stay on them for most surgeries. More invasive, prolonged surgery may require a temporary halt for your medication or sometimes a blood thinning bridge medication.
- If your surgery is outpatient, arrange for someone to drive you home the day of surgery unless it is wide awake surgery (WALANT) and you have discussed with Dr. Peterson the possibility of driving yourself home.
- Someone will contact you the day before surgery in the afternoon to confirm your surgical time. If you do not hear from them by 4 p.m. please contact our office.

Day of Surgery:

- Remember: No breakfast or drinks in the morning unless it is a wide-awake procedure (WALANT) that you discussed with Dr. Peterson!
- Take all prescription medicines the morning of surgery with only a sip of water, unless otherwise instructed.
- Bring your list of medications and questions. Your driver should accompany you and should be available by telephone.

After Surgery:

- Following surgery, you may be in the recovery room for up to 1 hour before transfer to the holding area. Your family will be notified by nursing personnel when you can be seen.
- Dr. Peterson prefers to see his patients and/or family personally prior to discharge. Please understand that he may be in the operating room with another patient, so we appreciate your patience.
- You may be given printed postoperative instructions and rehab protocols. Please follow these and if you have any questions contact the office.

Medical Forms

(FMLA / Disability / Work Forms / Leave of Absence):

- Please do not bring these day of surgery. They will not be completed then. Please make arrangements with Dr. Peterson's staff to have these completed, allowing for at least one week lead time prior to when you need them.