



Richard Kim, M.D.

Hand & Wrist Surgery, Congenital Hand Surgery, Plastic & Reconstructive Surgery

Pre-Operative Instructions

- 2 weeks before surgery, you must avoid the following:
 - Aspirin or aspirin-related products (you can take Tylenol)
 - Motrin, Advil, or Ibuprofen products
 - Vitamin E
 - Smoking
- The day before your surgery:
 - If you have a **morning surgery**, do not eat or drink anything after midnight.
 - If you have an **afternoon surgery**, you may eat a small meal 10 hours before your scheduled surgery time.
 - If you are just having **local anesthesia**, you have no eating restrictions.
- You can take daily medications on the morning of the surgery with a tiny sip of water.
- Please make arrangements for someone to drive you home if you are receiving anesthesia for your surgery.
- After the surgery, you will not be released from the recovery area unless you have **transportation home** (unless you had a local procedure where your dominant hand is not numb).
- Bring your insurance card and your credit card to settle any outstanding balance with the hospital.