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## Before surgery

This instruction is meant to help you prepare for your procedure before coming to the hospital.

### What to take into account before surgery

- The skin of the surgical site should be intact and in good condition. Any wounds, cuts or even superficial scratches (eg. cats' scratches) cause an increased risk for infection. If the cut is located in the proximity of the surgical site the operation might be postponed.
- Shower and wash your hair before coming to the hospital. Cut your fingernails short and remove any possible dirt under your fingernails. Remove nail polish and sculptured nails.
- Driving your car is forbidden on the day of surgery. Medication you receive during surgery may impair your ability to drive.
- Wear loose and comfortable clothes. You will have a large bandage around your hand after the procedure. Therefore make sure to wear a shirt with loose or flexible sleeves. Leave all valuables, jewellery and big sums of money home.

### Eating and drinking before surgery

- Don't eat any solid food after 12 pm (midnight) before surgery.
- Don't even eat any pastilles or sweets.
- You can drink water, clear juice (juice without pulp), tea or coffee without milk during the night before surgery. But don't drink more than a glass per hour at a time. Quit drinking fluids at 6 am.
- Don't consume alcohol within 24 hours before and after surgery.
- Quit the use of gum and tobacco products 2 hours before coming to the hospital.

Food in your stomach increases the risk of nausea related to general anesthesia. This can be dangerous during sleep (the contents of your stomach may go to your lungs). You may be put to sleep even if the procedure was initially planned to be carried out under local anesthesia.

**Ignoring these instructions concerning eating and drinking will result in cancellation of your procedure.**

### Going home after surgery

After the procedure, you can go home on the same day when you feel well, and you have received home care instructions. At home, you must have an adult companion with you until the following morning. We recommend arranging for an adult companion (friend, family member) to

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escort you home after the surgery. If needed, you can also be discharged using Kela taxi services.

Sometimes you need to stay overnight at the hospital. This is usually decided already before surgery.

## **At home**

- After the surgery you can get up and move when you are feeling well. Quite soon you can also eat and drink normally.
- After surgery you will have a big, thick bandage or a cast in your hand. Stiches are usually removed after 10-14 days from surgery.
- You will get more specific home care instructions (concerning eg. removal of stiches/bandage/cast) and if necessary a prescription for pain medication and a sick note before going home from the hospital.

## **Medication**

You can take your regular medication on the morning of your surgery if not otherwise instructed. We recommend you to take your medication and/or prescriptions with you to the hospital.