

PREPARING FOR SURGERY

Thank you for choosing Palm Beach Hand to Shoulder for your upper extremity care. Please review the information below regarding your scheduled surgery:

MEDICAL CLEARANCE

If I have indicated that you need medical clearance, schedule an appointment with your clearing physician at least one week before your scheduled surgery.

MEDICATIONS

Unless instructed otherwise by the prescribing physician, stop these medications five days prior to surgery:

Aspirin	Apixaban (Eliquis)	Clopidogrel (Plavix)
Celecoxib (Celebrex)	Dabigatran (Pradaxa)	Fish Oil
Diclofenac (Voltaren)	Ibuprofen (Advil, Motrin)	Vitamin E
Meloxicam (Mobic)	Xarelto (rivaroxaban)	Prasugrel (Effient)
Naproxen (Aleve)	Warfarin (Coumadin)	All other blood thinners

Stop all over-the-counter herbal supplements two weeks prior to surgery.

Unless otherwise instructed, continue any blood pressure medication as per usual.

REMINDERS FOR THE DAY BEFORE SURGERY

Please be available by phone on the days leading up to your surgery, so that we may keep you informed of any scheduling changes. **The surgical facility will call you the afternoon prior to your scheduled surgery with important information.** Directions to the surgical facilities are available at pbhts.com

Do not eat or drink anything after midnight the day before your surgery.

Bring an empty tote bag large enough to fit your clothing and shoes to the surgical facility.

SCHEDULING QUESTIONS

If you have any scheduling or medical questions regarding your surgery please leave a message at (561) 746-7686 Option 3 or email office@pbhts.com. If sending an email please make the subject of the email your full name.

INSURANCE AND BILLING QUESTIONS

If you have billing or insurance-related questions about your surgery, please leave a message at (561) 746-7686 Option 2, or jessica@pbhts.com. We can only provide information regarding my professional service fees. Questions regarding facility and anesthesia fees and implant costs should be directed to the surgical facility. I encourage you to clarify any uncertainties about coverage and individual financial responsibility directly with your insurance provider.

I will meet with you briefly before surgery, and if authorized, with whomever has accompanied you following surgery. I look forward to taking the best possible care of you.

Veronica A. Diaz, M.D.