



Dr Nav Aggarwal

Hand and Wrist Surgeon

MBBS, MS (Ortho), FRACS, FAOrthA, PFET

Provider No. 447439BB

Kogarah Southern Hand Surgery Suite 303, Level 3 13A Montgomery St Kogarah, NSW 2217	Potts Point St Luke's Clinic Hemsley House 20 Roslyn St Potts Point, NSW 2011	Drummoyne Suite 5 159 Victoria Road Drummoyne, NSW 2047
---	--	---

T 9553 9969 E info@handwrist.com.au
www.handwrist.com.au

Pre-Operative Instructions

Remove nail polish, false nails, gel and acrylics. Remove all hand jewellery and bracelets.
Bring all x-rays and scans relating to your surgery to the hospital (if you have hard copies).
No smoking or drinking alcohol on the day of surgery.

You will need advice if you are taking
Diabetic medicines or insulin
Aspirin, Warfarin, Plavix or other blood thinners.
Fish and krill oil should be stopped 10 days prior to surgery.

You can take other usual morning medications on the day of surgery with a sip of water (unless instructed otherwise).

Fasting and Arrival Time

For surgery at St George Private Hospital, please call our rooms the working day prior to surgery (T: 9553 9969). Other private hospitals will contact you directly to give you this information.

You need to fast (no solids) for 6 hours prior to surgery, then only drink water until 2 hours prior, then nothing by mouth until after your operation.

You need to be accompanied home from hospital by a relative or friend (not a taxi driver). No driving for at least 24 hours after surgery or otherwise as discussed with Dr Aggarwal.
Do not plan to travel overseas for 3 weeks after surgery.