

Information for patients before surgery *under local anesthesia*

Before the operation

- Stop taking blood thinners one week before surgery, in consultation with the doctor responsible for the treatment, unless otherwise prescribed by the surgeon.
- Other medicines can be taken as usual, including on the day of surgery.
- In case of hand surgery, rings should be removed from the hand to be operated on 2 days before the operation. Remove nail polish and all jewelry, and **shower** in the morning of the operation day.
- Do not apply oils or creams to your body and do not use perfumes.
- It's best to wear comfortable clothing that's easy to take off and put on.
- **Fasting is not necessary.**
- Have your phone with you before the procedure because you may receive a call to let you know that the procedure will be earlier or later than scheduled.
- When you arrive at Orkuhúsið's surgery wing, you'll meet the surgeon, who gives you an anaesthetic.
- While you're waiting for the operation, you can look at your phone or listen to content from it if you bring small headphones with you. You can neither talk on your phone nor take photos in the surgery wing.

After the operation

- After a hand operation, you leave the operating table and go directly home. After foot surgery, you recover in a side room in Orkuhúsið before going home.
- You are advised **not to drive** on the day of the operation.
- It is good to keep the limb in a **high position**, to the extent possible, for the first few days after the operation in order to reduce inflammation.
- There will be some discomfort at the point of surgery for the first few days or weeks. It is usually enough to take pain medicine such as Panodil and anti-inflammatory agents such as Ibufen. These drugs can be bought without a prescription. In other cases, the surgeon will prescribe more potent medicine.
- You can shower, but the bandages must be protected with a plastic bag. However, after minor hand surgery, the wound may be rinsed briefly with clean running water as of the third day after surgery.
- Contact your surgeon if you have unexpected hand problems, such as severe pain, severe bleeding or increased body temperature.