



Preoperative Instructions

Gabriel Merlin, MD

You have been scheduled for surgery with Dr. Merlin. Dr. Merlin's office (Andrea, Surgical Coordinator, 978-927-3040) will contact you to schedule surgery. She will discuss with you dates and location for surgery. If you do not receive a call within 2 days, please call to inquire at the number listed above.

The Hospital or Surgery Center (locations listed below) will be calling you for pre-registration. You will be responsible for calling the facility the day before surgery to confirm your arrival time.

Beverly Hospital

85 Herrick Street, Beverly, MA

Phone: (978) 524-6095

Day of surgery check-in at the Main Entrance, Greeter's Desk

Lahey Outpatient Center Danvers

480 Maple Street, Suite 205, Danvers, MA

Phone: (978) 304-8510 - Call between 1:00PM and 3:00PM

Day of surgery report to South Entrance, and call (978) 304-8517 upon arrival

New England Surgery Center

900 Cummings Center, Suite 122U, Beverly, MA

Phone: (978) 922-4670

Atlantic Coast Surgical Suites

325 Lafayette Road, Seabrook, NH

Phone: (603) 218-1793

Medications:

- If you are taking an anti-inflammatory or aspirin, please stop them SEVEN days prior to surgery, with the exception of Celebrex (which you may continue to take). Also, if you take any form of Vitamin E, Gingko, or any diet pills for weight loss, please stop taking these medications.
- Please notify the office if you are taking any type of medication that is a blood thinner (Coumadin, Plavix, aspirin, etc), if you are diabetic, take high blood pressure medication or have any cardiac condition.

Prior to Surgery:

- DO NOT eat or drink anything after midnight the night before your surgery. This includes water, coffee, tea, gum, candy, mints, cough drops, etc. Failure to do so may result in a delay or cancellation of your surgery.
- If you take any medication for high blood pressure or other medical conditions, you may take these early on the morning of surgery with a SMALL sip of water.
- Make sure you have called the facility to pre-register if required.



Postoperative Prescriptions:

• Non-narcotic prescriptions will be electronically prescribed and sent to your pharmacy before surgery. Depending on your surgery type, these may include antibiotics (Cephalexin, Clindamycin), anti-nausea medication (Zofran, Compazine), or pain medication (Tramadol, Naproxen).

Day of Surgery:

- You cannot drive yourself home from surgery. The exception would be if your surgery is being done under local anesthesia only. Please arrange for someone over the age of 18 to take you home.
- If the patient is a minor (under the age of 18), he or she must be accompanied by a parent or legal guardian.
- Bathe or shower the night prior or the morning of surgery. It is advisable that you wear comfortable loose clothing. DO NOT use deodorant, creams, colognes, powders, make-up, moisturizers, hair clips, barrettes, or hair products (gel, spray, mousse).
- Leave all valuables/jewelry at home. Children may bring a favorite doll, toy or stuffed animal.
- Please bring your ID and insurance card(s).
- If you received a sling, brace or other durable medical equipment at your preoperative appointment please bring with you day of surgery. If the item is forgotten, you will be additionally charged.

Postoperative Appointments:

- Depending on your surgery type, you may be required to schedule an initial postoperative visit in 3-5 days with a hand therapist, you will be informed if this will be required. The purpose of this visit is to perform your first dressing change with you, provide you instruction on dressing changes, incision care, and home exercises.
- Your first postoperative orthopedic appointment will be 12-14 days from the day of surgery with Dr. Merlin.
- Please schedule this appointment prior to surgery.

If you have any questions, please call the office at (978) 927-3040.