

## What to expect for your surgery

This information leaflet has been set up for Mr. Horwitz's surgery patients at the Platinum Medical Centre, Wellington Hospital.

If you are having surgery elsewhere the timing and location will differ but all the other information contained here will be relevant.

Proposed surgery date

.....

Surgery code .....

Local /General anaesthetic  
(please circle)

## Going home after surgery & follow up appointments

You will go home with a sling and basic instructions on what to do with the upper limb. We will ensure that you have a follow up appointment with the hand therapist as well as Mr Horwitz.

Post-operatively you may see the hand therapist once or twice before Mr Horwitz to ensure that you start moving your fingers, hand and wrist to ensure that stiffness does not set in. You may see Mr Horwitz at these clinic appointments but this is not always the case. You will certainly see him within the initial postoperative period and at this stage you may need further x-rays or dressings.

Your Hand Therapy appointments are ideally arranged prior to surgery depending your post-operative needs, your location and schedule. Hand therapy is billed from the hospital/ location where the appointments take place.

### TO BOOK / CHECK YOUR HAND THERAPY APPOINTMENTS

London Hand and Wrist Unit Tel: 0203 214 3617  
Email: [Handunit@hcahealthcare.co.uk](mailto:Handunit@hcahealthcare.co.uk)

BMI Hand Therapy Tel: 0800 404 6692  
Email: [handtherapy@bmihealthcare.co.uk](mailto:handtherapy@bmihealthcare.co.uk)

Six Physio, Hand therapy Tel: 0207 036 0286  
Email: [handclinic@sixphysio.com](mailto:handclinic@sixphysio.com)

Hand Therapy Specialists: Raelene at Fortius  
Tel 07528 000730  
Email: [info@handtherapyspecialists.co.uk](mailto:info@handtherapyspecialists.co.uk)

If you need time off work or modifications for sports it is best to plan this well before surgery so that we can provide you with a letter to ensure that all goes smoothly. Ideally you should not fly immediately or soon after surgery but if this is the case, please let Mr Horwitz or Karen in the office know well in advance so that a letter can be provided.

# Maxim D. Horwitz

MBChB FRCS (Orth) DipHandSurg

Adult and Children's  
Consultant Hand Surgeon





## On the day - arrival at hospital

Admission time 12.00 midday

**DAYCASE PATIENTS:** You will be admitted to the hospital and taken to the 4th Floor of the Platinum Medical Centre by the porter. You will then be taken to the operating theatre and discharged from the same room.

**OVERNIGHT PATIENTS:** Will be admitted to the South building after surgery. You will spend the night there and be discharged either the next day or when ready.

On admission you will meet a member of the nursing team who will do basic observations on you and ensure that your paperwork is in order.

Prior to surgery you will meet Mr Horwitz who will ensure that there is a pen mark indicating the site of your surgery and he will go through the consent process with you.

You will also meet the anaesthetic doctor if you are having a general anaesthetic.

If you are unwell with a cough, temperature, vomiting, diarrhea or any other infectious disease please contact us for advice

It is very important for your hands to be clean, all jewellery removed and ladies, no nail varnish.

The approximate time for your surgery (together with nil by mouth instructions if applicable) will be confirmed by our office a couple of days prior to your admission.

Please be aware that the admission time will be at least two hours, sometimes more, before your surgery. This ensures that everyone's surgery runs on time. It is not possible for Mr Horwitz to leave the operating theatre to meet new arrivals in the admission lounge once the list has started.

Once in the operating theatre you can expect to go to sleep if you are having a general anaesthetic and you will wake up in the recovery room.

If you are having a local anaesthetic this will be given by Mr Horwitz in the operating theatre and the area that is being operated upon will be numb. Whilst your surgery takes place you are more than welcome to listen to music or bring a video or a laptop along and you can watch this while having the procedure.

## Immediately after surgery

You will have a bandage or a small plaster. You may have a cannula or drip in the other hand or arm. This is used to give you anti-biotics/ painkillers or fluids

Private hospitals bill for simple pain killers so if you have a supply at home, please let your surgeon know and we will not supply them. We also recommend you buy a waterproof protector from LimbO as your wound site needs to be kept clean and dry for up to 2 weeks post surgery. (see [Limboproducts.co.uk](http://Limboproducts.co.uk))

You will see your surgeon after surgery and if you are having a general anaesthetic it is very useful to have a family member along as often much what of is said after the immediate surgical period is forgotten because of the remaining anaesthetic and strong painkillers in your system. A family member can take a message on your behalf.

**Of course, like every other process, we individualise your care and this leaflet is really a broad summary of what to expect. Every case is treated individually. Please contact the office with any questions.**

## Contact Us

### **The Hand Doctor Ltd**

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