

Elbow / Hand procedures:

Clothing: wear something very stretchy, loose fitting, your shirt will need to go over the top of your surgical area, short sleeves generally work the best, if long sleeve it should not have a tight cuff.

Prep: Scrub area from finger tips to shoulder with any kind of antibacterial soap for 4-5 minutes the morning of your procedure, pay special attention to cleaning under the fingernails.

Preferably no nail polish.

We suggest putting 2-3 pillows in your vehicle to keep your arm elevated during the drive home.