



Department of Surgery
DIVISION OF ORTHOPAEDIC
SURGERY

Département de chirurgie
DIVISION DE CHIRURGIE
ORTHOPÉDIQUE

Dr. Manisha Mistry, MD, MSc, FRCSC
Assistant Professor
Orthopaedic and Hand & Wrist Surgery
Laurie-Ann Poulsen, Administrative Assistant
☎ 613-798-5555 ext. 15168
☎ 613-761-4661
✉ lpoulsen@toh.ca

What to Expect for Your Clinic-Based Procedure

Before Your Procedure:

- You will have met the surgeon and discussed the procedure to be done. If there are any questions regarding your procedure, please contact your surgeon's office prior to procedure date.
- Please shower the day of the procedure, and wash with soap and water.
- Remove any jewellery, watches, bracelets on the surgical hand.
- If taking any blood thinning or anticoagulation medications, your surgeon will clarify if they need to be stopped before the procedure, and how early- these can be resumed the day after the procedure if stopped.

Day of the Procedure

- Location: Plastic Surgery Clinic, located at the Melrose Clinic, J-Main at The Ottawa Hospital Civic Campus
- Please check in at your designated appointment time
- You your surgeon and their team will verify your consent, review the correct procedure and proceed with anesthesia in the procedure room or an adjacent clinic room.

ANESTHESIA

- Procedures will be performed under local anesthetic which will be injected prior to the procedure
- You do not need to take any specific medication prior to the procedure.
- You will be **awake** for the procedure, and the team will ensure the anesthesia is appropriately working before starting.
- You will be brought into the procedure room and positioned appropriately. We will try to ensure your comfort before starting, as typical lengths of procedures can be 10-15 minutes or longer.
- The clinic staff will sterilize and drape your hand, it is important to not touch any of the towels or use your hand while waiting for the procedure to being, in order to maintain sterility.
- Your surgeon and their team will start the procedure after ensuring anesthesia is appropriate.
- We will discuss the procedure and post-procedure instructions during the procedure, and you are encouraged to ask questions as they arise.

Follow-Up & Post-op Instructions

- Instructions will be given during the procedure, as well as a sheet with post-procedure instructions.
- Typical follow-up is 1-2 weeks after the procedure, this may be in person or by phone. Your surgical team will specify your follow-up details following the procedure.

Correspondence Address:
The Ottawa Hospital, Civic Campus, 1053 Carling Ave, Box 502, Ottawa, ON K1Y 4E9