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Springfield, MA 01069

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Palmer, MA 01069

Aparajit Naram, MD
*Plastic and Reconstructive Surgery
Hand and Wrist Surgery*

Baystate  Health

ADVANCING CARE. ENHANCING LIVES.

Springfield: (413) 794-5363
Palmer: (413) 370-5796
anaramMD.com

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Pre-Op General Instructions – Baystate Wing

- Someone from the operating room will call you the day before your procedure to give you the time you will need to arrive and go over other instructions.
- The morning of the surgery you will need to check in at the surgical day care desk located next to the café. If you are scheduled to arrive before 7am park in the blue lined parking spaces to the right of the hospital and enter through the side entrance.
- Fasting from midnight the night before surgery is required for all types of surgery. This means absolutely nothing to eat or drink (not even water, coffee, gum, mints or juice) until after your surgery. This is to minimize the possibility of you becoming nauseated and vomiting.
- You will need to arrange for a relative or friend to drive you home from the hospital. You will not be allowed to drive for 24 hours after the surgery.
- Do not use nicotine the day prior to your surgery. For elective surgery, we recommend patients do not use any nicotine at least 6 weeks before and after surgery. We may not be able to delay surgery if it is urgent, but the less you use nicotine, the better you will heal.
- Report signs of illness or infection to us immediately. In some cases surgery may need to be postponed to avoid dangerous post-operative infections in your surgical wound.
- Bring your reading glasses you may need to sign additional forms.
- Bring an ID
- Do not bring jewelry or money to the hospital. Do not wear contact lenses.

If you have any questions, need to cancel or reschedule your surgery please call the office during regular hours Monday 8:00-5:00 and Wednesday 8:00-4:00, 413-370-8134. If you need to cancel outside of these hours you may call the PACU at 370-5280 or SDC at 370-5257. If after 4:00pm call 283-7651 and have the nursing supervisor paged.

Aparajit Naram, MD
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