

Jesse Kaplan, MD/MBA

Hand and Upper Extremity Surgery
101 The City Drive South
Pavilion III, Building 29A
Orange, CA 92868
Phone: 714-456-7012
www.jessekaplanmd.com

UCI Health
Department of Orthopaedic Surgery

Wide Awake Surgery

- Dr. Kaplan prefers to perform some surgeries under local anesthesia only. This is a safe and effective way to perform most minor hand procedures. There are multiple convenient advantages for you and the surgery team.
 - You are able to eat and drive yourself to the procedure as well as there is no need for preoperative testing needed prior to surgery. During surgery we can perform intraoperative tests to make sure everything is functioning as best as possible to optimize your outcomes. A tourniquet is not used during the procedure to maximize your comfort throughout the surgery. Afterwards there is no nausea or grogginess that can sometimes happen with sedation or general anesthesia.
-

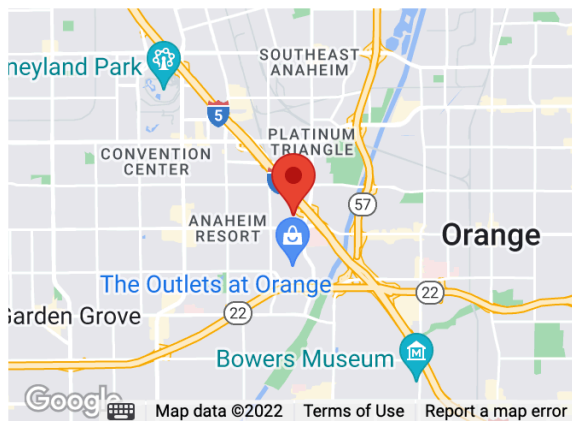
What to Expect

- Twenty to thirty minutes before the procedure, Dr. Kaplan will place the anesthetic around the surgical site. This is a painless process that will be done slowly and carefully. You will notice that the surgical area will become pale as the anesthetic sets in. Once the area is fully anesthetized, you will be brought back to the operating suite.
- You will be awake for the procedure. Sedation and/or intravenous medications will not be administered. A surgical drape will separate you from the surgical field and you do not have to watch the procedure if you do not want to. You can bring headphones if you would like or you can tell us what type of music you want to listen to.
- You will not feel pain during the procedure and if needed, more anesthetic can be placed. You may feel small tugging or pressure but you will not feel pain.
- Dr. Kaplan will talk with you and update you throughout the procedure. We will discuss the plan for after surgery during the procedure. If you would like, we can demonstrate to you the improved function of your hand.
- Afterwards a light dressing will be placed. In most cases, this can be changed to a waterproof bandage 3 days after surgery (Nex-care, Band-aid)

Before Surgery

- You may eat and drink before your surgery as per your normal routine. You do not need to adjust your diet.
- You can drive yourself to your surgery appointment if you would like. If you plan to have someone drive you home, you will be able to call them shortly after surgery to come and pick you up or they can wait in our waiting room.
- Please take all medications as regularly scheduled
- No preoperative testing or clearance is needed prior to surgery
- Wide awake surgeries are performed at:

UC Irvine Manchester Pavilion
200 S. Manchester Avenue, Suite 651
Orange, CA 92868



After Surgery

- After most small procedures, you are able to drive yourself home. If you would rather have a family member or friend drive you home, then you will be able to call them shortly after your procedure.
- The local anesthetic usually wears off in 6-8 hours. We recommend you take Tylenol and/or Advil before this fully wears off. Dr. Kaplan's [pain medication schedule](#) can be a helpful

guide to minimize the use of opioid medications. A small prescription for narcotic medications can be provided if needed.

Procedures Performed Under Local Anesthesia

- Carpal tunnel releases, trigger finger releases, DeQuervain's releases, mucous cyst removals, finger mass removals, nail bed repairs, ganglion cysts removals, flexor tendon repairs, tendon transfers, extensor tendon repairs, digital nerve repairs, tenolysis
-

Please feel free to ask Dr. Kaplan any questions you may have. This is an exciting advancement in Hand Surgery which can improve comfort and convenience for many of the most common procedures in Hand Surgery.