

Post-Operative Instructions for Hand/Upper Extremity Surgery

Today, you underwent: _____

Prescription medication:

- You have been given a prescription for pain medication. Take it as directed. Do not drive or drink alcohol while you are taking “narcotic” pain medication.
- In addition to pain medicine that your doctor has prescribed, you may take:
 - Tylenol (acetaminophen) 650mg by mouth every 6 hours as needed for pain
 - Motrin (ibuprofen) 800mg by mouth every 8 hours as needed for pain
- You have been given a prescription for an antibiotic. Take it as directed.

Surgical Dressing:

- Keep your dressing clean and dry until your follow-up appointment. If there is blood and drainage on your dressing, wrap over it with clean gauze or an ace bandage.
- You can remove your dressing 3 days after surgery. Afterwards, wash your hand gently with soap and water. Pat the incision dry. Keep the stitches covered with gauze and tape.
- Keep your brace or splint on at all times. Do not remove
- Remove your sling once the block has worn off and your hand has good motor control.

Activities:

- You may go back to all activities as tolerated.
- Avoid demanding activities and heavy lifting.
- Do not put any weight on the part of the body that had the surgery.
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Instructions:

- Stitches will be removed 10-15 days after surgery.
- Keep your hand raised above your heart at all times. This will help reduce the swelling.
- It is okay to use over your dressing as long as the dressing does not get wet.
- You may shower or bathe, but keep your dressing dry by placing a plastic bag and rubber band over the dressing.
- No swimming or using hot tubs until your sutures have been removed.

Return visit:

- Follow up in my office in _____ days/weeks.
- Rehabilitation with the hand therapist will begin in _____ days/weeks.
- If you have any questions, call the office at (201) 289-5551.

X

Patient's Signature (Guardian)

Date