

Post-Operative Instructions for Elbow/Hand/Wrist Surgery

Nimish R. Kadakia, M.D.

Steven A. Becker, M.D.

Robert A. Baird, M.D.

Floyd G. Shon, M.D.

PROCEDURE

- Wrist Arthroscopy
- Ligament Reconstruction
- Wrist Fracture
- Hand Fracture
- Elbow Fracture
- Elbow Arthroscopy
- Other _____

- Carpal Tunnel Release
- Trigger Finger Release
- Tendon Repair
- Joint Reconstruction/Arthritis
- Tennis/Golfers Elbow Repair
- Biceps Tendon Repair

DRESSING

- ◆ Dressing can become blood stained; this is not unusual.
- ◆ If you feel the bleeding is excessive, call the Doctor.
- ◆ Sutures/staples will be removed in the office.
- You may remove dressing in 24 hours.
- Cover with gauze or ace wrap.
- Use sling as directed
- OK to loosen splint if needed – please re-wrap
- May remove provisional splint after ___ days
- Do not remove splint/dressing until office visit

SHOWERING

- It is OK to shower after 24 hours.
- ◆ Please keep wounds dry
- ◆ Wrap with plastic wrap
- ◆ Redress wound after shower.

ACTIVITY

- ◆ Elevate operative wrist/hand above level of heart.
- ◆ Ice to operative Elbow/wrist/hand 20 minutes/hour as tolerated.
- Bend and straighten elbow 5-10 times per hour as tolerated.
- Maintain use of sling and splint until follow-up
- ◆ Rest, Ice, Elevation, Compression.

CALL THE DOCTOR IF YOU

EXPERIENCE

- ◆ Persistent or abnormal bleeding.
- ◆ Fever or chills.
- ◆ Medication problems.
- ◆ Temperature greater than 101.
- ◆ Abnormal wound drainage
- ◆ Severe and uncontrolled pain or swelling.
- ◆ Medication problems.

MEDICATIONS

- ◆ Narcotic pain medicine can make you nauseous.
- ◆ Take medications with food.
- ◆ Do NOT drive while taking pain meds.
- ◆ Call if pain is not well controlled.

FOLLOW-UP APPOINTMENT

- ◆ _____ 24-48 hours
- ◆ _____ 7-10 days
- ◆ Call **949-727-3636** to schedule

OTHER:

- ◆ _____.
- ◆ _____.