



## After Surgery Instructions

### Dressings

Instructions regarding your dressing should be included in your discharge instructions from surgery. Some basic guidelines are below.

#### **Soft Dressings**

Most soft dressings can be taken off 3-5 days after surgery. Specific instructions will be in your discharge papers. Dressings need to stay clean and dry until this time. After this time, it is okay to get the incision wet in a shower. If you go outside or are somewhere dirty, keep the incision clean by covering it. You can use band-aids or gauze.

#### **Splints**

Some surgeries require splints to hold the operative site from moving. Splints stay on until the first follow-up visit. Keep them dry. It is okay to take a bath or shower, just keep the splint dry.

#### **Keep Dressings dry**

Walgreen's and CVS have special bags to help with this. You can also use tape or rubber bands with a trash bag.

### Pain

While I cannot eliminate pain after surgery, we can work together to minimize it. You may have received a block from your anesthesiologist to significantly decrease your pain for the first 6-24 hours after surgery. It is okay if you have numbness and are unable to move your extremity during this time.

#### **Ice**

Ice can help minimize your pain, and also help decrease inflammation around your surgery site. Apply for 20 minutes every hour. If you have a splint and the cold is not reaching your skin, ice can be placed above the surgery site (on the front of your elbow or in your armpit area). This numbs the nerves that travel to the surgery site.

#### **Elevation**

This is one of the best things you can do to decrease your pain. Try to keep the operative site above your heart as much as possible. This will decrease swelling. This is helpful because swelling is painful.

#### **Aleve**

You should have taken 2 Aleve the morning of your surgery. You will take 2 more the evening after your surgery. Keep taking 2 each morning and evening for the first 5 days after your surgery (Total of 20 pills). This will help minimize the narcotic pain medicine you need.

### **Narcotic Pain Medication**

I will give you one prescription for narcotic pain medicine (hydrocodone) after your surgery. This is taken as needed for pain, but you do not have to take it.

### When to Call

- Anytime you have questions/concerns!
- Fever >101.5
- Persistent nausea and vomiting
- Increasing redness around the incision
- Your splint gets wet

### Follow Up Care

I will see you back in clinic within 2 weeks of your surgery. Call if you do not have a date set up.

---

### **Questions?**

#### **Jackson Orthopaedics**

155 E Sonterra Blvd, Suite 211  
(210) 494-9600 Fax: (210) 494-9601  
www.JacksonHand.com