



After Surgery Instructions

Follow all instructions per discharge paperwork you received at time of surgery.

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 following surgery. Specific instructions will be in your discharge papers. Dressings need to stay clean and dry until this time. After this point, 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 may use Band-Aids or gauze.

Splints

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

Keep Dressings Dry

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

Pain

While I cannot eliminate pain after surgery, we will work together to minimize it. You may have received a block from your anesthesiologist or local anesthetic to the surgical site to significantly decrease your pain for the first 12 - 36 hours following surgery. It is typically OK to experience numbness and an inability to move the extremity for that time.

Ice

Ice can help minimize your pain and 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 and, as such, reduce the pain associated with swelling.

****Aleve****

Take 2 Aleve the evening after your surgery. Continue taking 2 Aleve each morning and evening for the first 5 days after your surgery (Total of 20 pills). This will minimize the narcotic pain medication you will need.

Pain Medication

You may receive one prescription for pain medication following your surgery. This can be taken as needed for pain but is only necessary as needed.

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. Please call if you do not have an appointment scheduled.

Questions?

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