

home care instructions

pain management

- A prescription for pain medication will be given to you prior to leaving the hospital.
- Many pain medications can make you sleepy, nauseous or may be stronger than you require.
- If any of the above is the case make your physician aware of the issue and stop the medication.
- You may take Extra Strength Tylenol™ or Motrin™ if a milder pain reliever is desired.
- If your pain is not controlled or a side effect is present, call your physician for a possible change of medication.
- Do not take aspirin for 72 hours following the surgery.
- You may place ice on the hand to decrease pain and swelling. This can be done for 20 minutes at a time 3-4 times a day. Be sure not to get the dressing wet.
- If you are running out of pain medicine call for a refill during business hours preferably Monday-Thursday and before you are out of medication.

diet

- Many people lose their appetite after surgery.
- Your first meal at home should be clear liquids followed by soft bland foods.
- If your stomach tolerates this, then you may advance to more solid foods.

activity

- Keep your arm in the splint at all times.
- You may move your fingers and thumb as much as possible.
- Do not do any sporting activities, running or weight training.

dressing

- Keep the dressing on until your first postoperative office visit, the most sterile dressing is the one placed on in the operating room.
- There may be some slight spotting on the bandage. If there is any heavy bleeding call your physician.
- Do not get the arm wet, keep the dressing dry.

concerns

fevers

- Fevers are normal after surgery/anesthesia.
- Take your temperature once a day for the next seven days. If your temperature is 102° or more call your physician.

swelling

- Swelling is normal after surgery.
- Your fingers may swell, this is common and do not be concerned.

bruising

- A bruise is blood underneath the skin.
- This is also expected after surgery.
- The bruise will travel with gravity, if you are not elevating your hand above your elbow the discoloration may travel towards your fingers or forearm.

uncontrolled pain

- Call your physician.

return to work

- Your return will depend on the type of work you perform.
- If your job does not require much use of the operative arm, 3-7 days is a reasonable time you can expect to be off.
- If your occupation involves considerable, lifting, walking or use of the arm, discuss your return to work with your physician.
- Your physician will write you a note for the first week of work after surgery if needed.

follow-up

- Your physician would like you to follow-up with him in the office next week.
- Call the office in the morning to set up an appointment.
- Bring your preoperative wrist splint to your first office visit.
- Let the receptionist know that you had surgery today and are to be seen next week.
- The office number is 630 790 1872.
- The 24 hour answering service is 630 469 9200.