

Post-Op Instructions

Read these instructions very carefully and keep them handy. Everything you need to know is here. Reading carefully will save you time on the phone with our office to ask these same questions.

When To Call Your Doctor

Call your surgeon at any time – for the following events:

- Circulation Problems = the fingers present color changes to blue or white with no pink
- Excessive bleeding = bright red blood keeps coming out of the dressing
- Loss of feeling in your hand or finger tips
- Tight Dressing = Dressings can become tight from swelling underneath.*

** If this happens, elevate the limb for 30 minutes. If no relief, call our office immediately.*

Call this office during office hours – for the following:

- Questions about your medications, your next appointment, your post-operative restrictions, other general questions.
- Call your regular internal medicine doctor – if any other medical condition you have such as heart or lung problems seem to get worse in the period after your surgery.
- Call 911 – if you have a sudden crisis that has to do with anything other than your surgical area during the period after your surgery such as symptoms of a heart attack or other serious event.

Medication

You have been given enough pain pills cover you until the next office visit. To control various symptoms, do the following:

- Nausea – drink light liquids and try soft foods. If the nausea or vomiting persists, call your doctor to have an anti-nausea medication prescribed
- Itching – Itching is a common side effect from pain medications and over the counter Benadryl is the best medication you can take for this

Medication Refills

Please call our office at least 48 hours in advance for medication refills. If you think you are going to run out of medication over the weekend please make sure to **call us before 3:00 p.m. Friday**, as we can not guarantee that your medication will get refilled.

Pain Control

You are going to have pain, you can count on it. Here's what you can do to minimize it:

- Keep the operated area higher than your heart at all times
- Take your pain pills every four hours (do not get behind)
- Ice bags can be applied to the outside of the dressing for 20 minutes at a time for the first few days
- Rest and take it easy, if you are running all around, you will create a lot more pain for yourself

Taking Care of Your Dressing

Don't mess with your dressing unless you were specifically told to do something by your doctor. Keep it dry. During bathing, enclose it in a plastic bag, seal the bag to your skin above the dressing and place a small towel inside the seal to catch any water that breaks through.

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Moving Around

You will be told what joints or tendons not to move. If there is a splint, then the ones not to move are covered by the splint. All other joints not involved in the surgery should be moved to their full capacity every single day to prevent them from getting stiff.

Eating After Surgery

Start slowly and eat lightly. Anesthetics and pain medications change the way your digestive system works. If you had an anesthesia tube in the throat, you may be hoarse, have a sore throat, and even spit up small amounts of blood.