



CONNECTICUT
CENTER FOR
ORTHOPEDIC
SURGERY, LLC

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Orthopedic Surgeon
www.OrthoOnTheWeb.com

Patient Name _____

Date _____

HAND SURGERY (EARLY MOTION) POSTOPERATIVE INSTRUCTIONS

Activity: After your hand surgery, you will be placed in a bulky dressing. There may be swelling of the hand and wrist following surgery. You are encouraged to keep the hand elevated in a sling or on a pillow when lying down. If your fingers are exposed, try to move them as much as possible to avoid joint stiffness and swelling. Let pain be your guide. This should remain in place for 48 hours. After 48 hours, the dressing may be removed and you may use the hand as tolerated using the hand as your pain permits. Overprotecting the hand will lead to a prolonged recovery. Keep the sutures or Steri-trips intact and covered with a Band-Aid.

Sensitivity of the incision can occur several weeks after surgery. If this occurs, massage hydrocortisone cream (available over the counter) into the incision 3 times per day.

Dressings: Once the dressing is removed, you may shower. Cover the small incision with Band-Aids after the shower. Try to keep the incision dry. But if it does get a little wet, clean it with rubbing alcohol, allow it to air dry and cover with a Band-Aid. The wound should be cleaned with alcohol daily and covered with Band-Aids after the dressing is removed. The Steri-strip on the wound should be kept intact and should not be removed.

Medications: You may resume your normal medications that you took prior to surgery. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by me or my during the week from 8am -4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends.

Plan ahead.

Medications for postoperative pain are as follows:

_____ 1-2 pills every 4 hours if you have pain.

You may take 3 tabs of _____ every 4 hours for very severe pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate those medications and are not taking blood thinners.

Once the nerve block begins to wear off, start you pain medicine.

Follow up: Make an appointment to be seen approximately ~10 days after surgery. I will discuss the procedure and the findings during surgery at this visit.

Problems: Complications from elbow surgery can occur and you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero". Call the office for a temperature over 101 degrees, pain not controlled by the pain medication.

CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267. After hours, you may call the office to speak with the covering doctor.