

Kendrick E. Lee, M.D.
Webster Orthopaedic Medical Group
80 Grand Ave. #400
Oakland, California 94612
510-238-1200

Post-op Instruction (after surgery)

1. You should have a follow-up appointment for one to two weeks after surgery. If you do not already have this arranged, call the office.
2. Keep the operated hand elevated. Use several pillows at home, or hold the hand up. The hand should be higher than the heart to help decrease swelling and pain. You may use a sling if you wish.
3. Keep the dressing clean and dry. If the dressing becomes wet, call the office for instructions. Do not change the dressing unless specifically instructed (see #8 below). When you bathe, use a plastic bag and tape to keep the dressing dry.
4. Check the exposed fingertips for color, warmth, and refill. If the **finger****tips** are cold, or blue, or do not refill after they are pinched, call the office immediately. You may have some bruising about the operation site or at times near the bases of the fingers. This is usually normal.
5. With the local anesthetics or nerve blocks placed at surgery, there will be some tingling or numbness which can be felt for a day or two after surgery. If after that the numbness is **markedly worse** than before surgery, or the numbness **worsens or increases**, call the office.
6. Take the prescribed pain medication **if needed** for pain. Follow the directions on the package. If you wish, you may take acetaminophen (e.g. Tylenol) or ibuprofen (e.g. Advil, Nuprin or Motrin) instead. Elevation of the hand usually helps relieve pain (see #2 above).
7. **Do** move the exposed fingers. Work through a full range of finger movement.
- 8a. Leave the dressings on until your office appointment.
OR
- 8b. Remove the dressing _____ days after surgery. Wash with soap and water, but do not scrub vigorously. Do not soak the wound. Apply a small dressing, such as a band-aid to keep the wound clean. Move all joints in the hand, wrist, forearm and elbow through a full range of motion, to prevent stiffness.
9. If something seems wrong, call the office.