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POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING HAND, WRIST AND ELBOW SURGERY

You should have a post-op appointment scheduled for one week from your date of surgery. If you have not scheduled this appointment please call our office immediately to arrange a time when we can remove your bandages and stitches.

A special dressing or splint has been applied to your incision. Please leave the dressing in place until your first post-op visit. You may shower 48 hours after surgery but you will need to keep your dressing or splint dry. Cover it with a plastic bread or newspaper wrapper secured with a rubber band. If the dressing becomes wet, call our office.

It is very important for you to use ice and elevation almost continuously for the first 3-5 days after surgery to reduce swelling and pain. Keep your arm elevated above the level of your heart by resting it on pillows or in a sling. Wiggle your fingers frequently and open and close your fist gently several times a day to prevent stiffness. Continue ice and elevation any time you have pain and swelling.

Check your fingers for color, warmth and refill and call the office if the **tips** remain cold or blue and do not refill after they are pinched.

Some numbness or tingling after surgery may be expected, and it may last through the next day or two, especially if you are given a nerve block. If the numbness becomes worse or increases, call the office.

Use all of your anti-inflammatories and pain medications as directed. This is particularly important for the first few days after surgery. Remember that it's always easier to prevent pain from becoming severe than it is to relieve severe pain.

Pads and wires for your electric stimulation unit were placed under your dressing. Turn the electric stimulation device on for at least 20 minutes out of every 2 hours while you're awake to relieve pain and control swelling.

If you have any concerns or questions contact our office at 839-0584.