

## Post-Operative Instructions

Keep your extremity elevated at the level of your heart as much as possible for the first week after surgery, including at night. Please only use the sling during times of mobilization out of the house, and position the sling so the hand is elevated near the opposite shoulder rather than lying at the level of the stomach. Elevation is vital to reducing post operative swelling.

Begin range of motion on day of surgery unless otherwise instructed. Perform the range of motion exercises slowly in sets of ten approximately three times per hour.

Elevation is vital to reduce the swelling following surgery. It is normal to have mild to moderate swelling after surgery, however consistent elevation and regular performance of digit exercises will diminish the swelling. If the swelling is worsening rather than improving the first several days after surgery, contact the office.

The prescribed pain medication should be taken after arriving at home, or if you do not live within the city, before you leave the city. It may take several doses to notice improvement. Please take the medication only as directed. Take the medication with food to help prevent nausea. If nausea occurs, over the counter motion sickness medications, such as Dramamine, may be helpful.

Numbness and tingling is not uncommon. It is temporary and will resolve with time. Please limit your activity level to promote optimal healing. Keep the bandage clean and dry. Plastic bags may be used to cover the arm in the shower. Cast covers may be purchased at most medical supply stores as well as in our office.

One of the Staff will call you the day after surgery to discuss the post operative plan, answer any questions, and schedule your follow up appointment.