

HAND SURGERY POST-OP INSTRUCTIONS

(Carpal Tunnel Release, Extensor Tendon Repair, Flexor Tendon Repair, Ganglion Cyst, Tenolysis, Trigger Finger)

General Discharge Instructions:

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

Medications:

-You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.

-Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

-Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.

-Take pain medication and muscle relaxer 2-4 hours apart.

-ALL narcotic medication can cause constipation following surgery. We will be sending a stool softener the day of surgery to help prevent constipation. If you have continued constipation after using stool softener you can use Milk of Magnesia.

-Resume all your regular medications after surgery

-Avoid aspirin products for 7 days

-Starting Tylenol and Ibuprofen products- These medications may be started 48 hours after surgery. Incorporating Ibuprofen will allow you to be able to taper off of your narcotic medication. Once you're no longer taking your narcotic medication (which contains Tylenol), you may start to also incorporate Tylenol for pain.

Activity:

-Keep the hand elevated on several pillows (above heart level). Your hand may start to throb in the middle of the night. If this happens, sit up in bed with your feet on the floor and your hand on top of your head for approximately 15min. This should alleviate the throbbing sensation.

-DO NOT remove the splint until your first post-op appointment.

-During your recovery, you should move your fingers to make a fist and fully extend your fingers as often as possible to avoid stiffness.

-You may resume your normal activities as you feel up to them. Generally you can lift 1 pound the first week, 2 pounds the second week, 5 pounds the third week and 10 pounds the fourth week.

-After one month, begin massaging incision line with a pressing motion frequently every day until incision is smooth and flat.

When to call the Doctor:

-If at any time you have a concern regarding redness, swelling, fever, tingling, numbness or extreme pain.

-If you have any problems call our office at 937-886-2980.

Follow up:

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. Your stitches may be removed at this time.

For Your Comfort:

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.