### Hand Surgery Post-Operative Instructions

#### Post-operative Appointment:
- Dr. Dodds (Office Phone: 305-326-6560):
  - If you do not already have a post-op appointment scheduled, please call Sylvia at (305) 326-6560 to arrange an appointment in 10-14 days.
- Dr. Chen (Office Phone: 305-482-5549):
  - If you do not already have a post-op appointment scheduled, please call Stephanie at (305) 482-5549 to arrange an appointment in 7-10 days.

#### Diet:
- Resume your regular diet today
- Other diet ____________

#### Medications:
- Continue your usual medications, please review all medications with your Primary Care Practitioner (PCP) prior to discontinuing any of your regular Medication.
- Your antibiotic is ___________ , take __________ .
- Your pain medication is PERCOCET (Oxycodone) take 1-2 tablets every 4 hours as needed for pain, or as directed.
- Your pain medication is NORCO (hydrocodone), take 1-2 tablets every 6 hours as needed for pain, or as directed.
- Over the counter medication IBUPROFEN (for example: Motrin, Advil) take 2 tabs (400mg) every 6 hours as needed with food.
- TYLENOL (acetaminophen) with CODEINE, prescription given. Take as directed.
- Your pain medication is _____________, take _____, every _____ hours as needed for pain.

#### Activities:
- Rest today, we encourage you to have someone with you for 24 hours.
- Gradually resume light activity.
- Liberal finger motion encouraged.
- Elevate your affected limb on a pillow above your heart for 2-3 days.
  - DO NOT ALLOW HAND TO DANGLE.
- Use an ice pack intermittently for 2-3 days, place a towel on dressing and apply ice to area of incision.
- Use a sling only while you are up and out of bed while the nerve block is still working.
- Keep your dressing clean, dry, and intact until your follow up visit with the doctor.
- Use the long plastic glove or a plastic garbage bag, secured with a rubber band to cover the dressing while showering.
- Keep your dressing clean, dry, and intact for 5 days; then you may remove dressing and wash your affected hand normally. You may apply a Band-Aid to the incision or keep it open to air.
  - **NO NEOSPORIN OR LOTION TO INCISION AREA**
- Reinforce your dressing as needed, expect some mild drainage, please call if you feel there is too much drainage or if the dressing is too tight.

#### Important:
- NOTIFY your doctor immediately, if you are unsure of your progress or if you experience any of the following:
  - Dressing is too tight • Numbness • Uncontrolled pain • Excessive swelling
  - Loss of Feeling/Sensation • Fever • Infection • Excessive bleeding
  - Continued vomiting/nausea • Unable to urinate
  - ***If any of the above symptoms get worse, call 911 or go to the nearest emergency room.***
  - *DO NOT TAKE MORE THAN 3000mg of acetaminophen/Tylenol IN A 24 HOUR PERIOD*

If you have a non-urgent question, please use MyUChart. It is the best way to communicate with us.

My signature indicates that I have received the above instructions and understand them fully.

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Nurse | Other/Relationship | Physician
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