



Kane Anderson, MD After Surgery Instructions

Name: _____

Follow-up Visits

Date: _____

Time: _____

Call your doctor if you have:

- A fever greater than 101.6°F, sweating, or chills
- Increased redness, warmth, or foul-smelling drainage from your surgical site
- Continued nausea, vomiting, or itching after 24 hours
- Pain not controlled by medication

Pain:

- Some discomfort is normal after surgery. Pain medications will not take all the pain away but will help reduce pain to a tolerable level. A multimodal pain control regimen is suggested after your procedure. This means making use of both Tylenol (acetaminophen) and an NSAID (Ibuprofen-Motrin or Naproxen-Aleve). So long as medical conditions aren't preventing you from taking these it is suggested that these are started prior to the numbing medication shot wearing off.

Ibuprofen (Motrin) 200mg tab: take 2-3 tabs w/ food as needed every 8 hrs

Naproxen (Aleve) 220 mg tab: take 1-2 tabs every 12 hrs w/ food

Acetaminophen (Tylenol) take 325-1000 mg as needed not to exceed 3 grams in a day

- **DO NOT** drive while you are taking narcotic pain medications in the case they are prescribed.

Itching:

- If you begin to experience itching, you may take a Benadryl to relieve it. If the itching continues or you develop a rash, call the nurse.
- If the itching seems to be resulting from the dressing it often can be removed, but please call before doing so.

Questions?

Elevate Orthopedics:
(970) 828-0420

Call 911 right away or seek help at any emergency room if you have severe reactions to medications such as difficulty breathing, hives, or excessive bleeding.

Swelling:

- It is normal to have some swelling after surgery.
- Keep your hand/arm elevated above your heart. You can do this by resting it on several pillows. This helps reduce both pain and swelling.
- Take the anti-inflammatory medication suggested (naproxen or ibuprofen). This will help reduce your swelling. There are certain patients who should not take these medications. If this is the case for you, we will not prescribe them for you.
- Ice will help reduce swelling. Check your skin often to make sure it is not getting too cold, as you may have numbness after surgery and not be able to feel extreme cold. Ice for 20 minutes on and 20 minutes off. This is especially useful the first 48 hours.

The First Day After Surgery:

Pain:

- Use the combination of NSAIDs and Tylenol as reviewed above
- Fortunately, prescription pain medication is not needed for most of our minor surgeries such as carpal tunnel, trigger finger release, small mass excision, etc.

Activity:

- Heavy lifting, gripping, pushing pulling, etc. is discouraged as this could jeopardize the wound.
- Get up and move around several times a day. Drink plenty of fluids to avoid dehydration, help you heal faster and help prevent blood clots and constipation.

48 hours after surgery (Carpal tunnel, mucous cyst, trigger release):

- Keep your dressing in place for 48 hours
- Keep the dressing dry for 48 hours, covering it up for bathing
- If it becomes too tight you may loosen it.
- You may begin to use the hand for **light** activities.
- Movement is encouraged but give yourself breaks throughout the day while using the hand.

Wound Care:

- After 48 hours, please remove the dressing and replace it with a simple bandage such as a Band-Aid. This helps prevent the sutures from catching on clothing, etc.
- After removing the dressing, you can start to get the operative site wet with clean running water (i.e. showering, washing your hands, etc.). Do not spray the wound directly.
- DO NOT SUBMERGE THE OPERATIVE SITE UNDER WATER OR SOAK IT
- Gently clean the wound with soap and water
- Please DO NOT use topical ointments such as Neosporin, Vit E, etc.
- Please DO NOT use peroxide for cleaning the wound.

After Surgery Care Instructions:

Over the Counter Pain Medications:

Post-operative pain is unique to every patient. The prescriptions you have been given are designed to work with over-the-counter medications to provide you with adequate pain control during your post-operative course. Some discomfort is expected after surgery and all medications have potential side effects but our goal is that you have a tolerable post-operative course. If your pain is not adequately controlled, please call our office. Please keep in mind that elevation and ice will help dramatically in the early post-operative period and that surgical pain reliably decreases over the first 48 to 72 hours from surgery.

Anti-Inflammatories (NSAIDs): Medications such as Ibuprofen (Motrin or Advil) and Naproxen (Aleve) can play a very important roll in your post-op pain control. Unless you have another medical condition preventing you from taking this type of medication, you make take Ibuprofen, Advil, Motrin as needed. Do not exceed 2400mg in a 24 hour period (600mg every 6 hours or 800mg every 8 hours). Take with food.

Tylenol (Acetaminophen): Tylenol is a centrally acting analgesic. Its effects are powerful and should not be overlooked. Using tylenol in addition or instead of narcotic medication will decrease your risk of complication from narcotics. Please take 500mg every 4 hours as needed. ****DO NOT EXCEED 3,000mg IN 24 HOURS**** The hydrocodone has Tylenol in it, so make sure you do not take too much from all sources.

Itching: If you have itching, you may take a Benadryl to relieve it. If the itching continues or you develop a rash, call our nurse. Your medicine may need to be changed or stopped entirely.

Swelling: It is normal to have some swelling after surgery.

- -Keep your arm elevated above your heart as much as possible. You can do this by resting it on several pillows. This helps reduce both pain and swelling.
- Take anti-inflammatory medicine if we have recommended it for you (naproxyn or ibuprofen). This will help reduce your swelling. There are certain patients who should not take these medicines.
- Ice will help reduce swelling. Place a barrier between your skin and the ice such as a towel. Check your skin often to make sure it is not getting too cold, as you may have numbness after surgery and not be able to feel extreme cold. Ice for 20 minutes every two hours.
- **IMPORTANT:** If your fingers are sticking out of a splint or cast, it is OK to move them (unless you are told otherwise by your doctor). Gentle movement will help reduce the swelling.