

POST OPERATIVE INSTRUCTIONS AFTER HAND SURGERY

PAIN MEDICATION

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember not to take additional Tylenol on top of the prescribed pain pills.
- Don't wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

DRESSINGS AND BATHING

- Do not remove the splint or dressings unless specifically told to do so by Dr. Kryger. Keep this dressing/splint clean and dry.
- You may shower the day of surgery. Keep your dressing dry by placing a bag over your dressing and securing it with a rubber band.
- It is normal to see some blood-tinged staining of the dressings around the surgical site.

ACTIVITY

- Avoid lifting, pushing, or pulling objects with the operated hand.
- Keep your hand elevated.
- Do not exercise until instructed otherwise.
- **Do not use an arm sling**, since keeping your elbow bent at 90 degrees impairs the circulation in the hand.
- You may drive only after being cleared by Dr. Kryger.

EATING

- It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.
- If you are nauseated stay hydrated by drinking water or clear liquids.
- Start with liquids, and progress slowly to solid foods. Begin with bland low fat foods such as crackers or toast.
- Do not smoke or drink alcohol! This will impair your ability to heal.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30 pm or on weekends, the office phone will ring directly to Dr. Kryger's cell.

Call immediately if you experience any of the following:

- Severe pain that is not relieved by the pain medication.
- If you think that the dressing is too tight.
- If your fingertips are not their normal color.
- A fever over 101.0 degrees.

FOLLOW-UP VISIT

Call the office the day after surgery at (805) 777-3877 to schedule your follow-up appointment in _____ days for a post op check and dressing removal.