



POST OPERATIVE INSTRUCTIONS: HAND SURGERY

** Do not smoke or drink alcohol! This will impair your ability to heal.*

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. For the first few days after surgery, take pain medications before you go to sleep.
- Take Ibuprofen as instructed by Dr. Kryger. Begin taking Ibuprofen immediately.
- 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.
- 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

- If you are nauseated stay hydrated by drinking water and clear liquids.
- Start with liquids and progress slowly to solid foods. Begin with bland low-fat foods such as crackers or toast.

* It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

COMPLICATIONS

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

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.

EMERGENCIES

*** If an emergency arises, please call 911!**

X _____
Patient Signature