home care instructions

pain management
○ A prescription for pain medication will be given to you prior to leaving the hospital.
○ Many pain medications can make you sleepy, nauseous or may be stronger than you require.
○ If any of the above is the case make your physician aware of the issue and stop the medication.
○ You may take Extra Strength Tylenol™ or Motrin™ if a milder pain reliever is desired.
○ If your pain is not controlled or a side effect is present, call your physician for a possible change of medication.
○ Do not take aspirin for 72 hours following the surgery.
○ You may place ice on the hand to decrease pain and swelling. This can be done for 20 minutes at a time 3-4 times a day. Be sure not to get the dressing wet.
○ If you are running out of pain medicine call for a refill during business hours preferably Monday-Thursday and before you are out of medication.

concerns
fevers
○ Fevers are normal after surgery/anesthesia.
○ Take your temperature once a day for the next seven days. If your temperature is 102˚ or more call your physician.

swelling
○ Swelling is normal after surgery.
○ Your fingers may swell, this is common and do not be concerned.

bruising
○ A bruise is blood underneath the skin.
○ This is also expected after surgery.
○ The bruise will travel with gravity, if you are not elevating your hand above your elbow the discoloration may travel towards your fingers or forearm.

uncontrolled pain
○ Call your physician.

return to work
○ Your return will depend on the type of work you perform.
○ If your job does not require much use of the operative arm, 3-7 days is a reasonable time you can expect to be off.
○ If your occupation involves considerable, lifting, walking or use of the arm, discuss your return to work with your physician.
○ Your physician will write you a note for the first week of work after surgery if needed.

diet
○ Many people lose their appetite after surgery.
○ Your first meal at home should be clear liquids followed by soft bland foods.
○ If your stomach tolerates this, then you may advance to more solid foods.

activity
○ Keep your arm in the splint at all times.
○ You may move your fingers and thumb as much as possible.
○ Do not do any sporting activities, running or weight training.

follow-up
○ Your physician would like you to follow-up with him in the office next week.
○ Call the office in the morning to set up an appointment.
○ Bring your preoperative wrist splint to your first office visit.
○ Let the receptionist know that you had surgery today and are to be seen next week.
○ The office number is 630 790 1872.
○ The 24 hour answering service is 630 469 9200.

return to work
○ Your return will depend on the type of work you perform.
○ If your job does not require much use of the operative arm, 3-7 days is a reasonable time you can expect to be off.
○ If your occupation involves considerable, lifting, walking or use of the arm, discuss your return to work with your physician.
○ Your physician will write you a note for the first week of work after surgery if needed.

diet
○ Many people lose their appetite after surgery.
○ Your first meal at home should be clear liquids followed by soft bland foods.
○ If your stomach tolerates this, then you may advance to more solid foods.

activity
○ Keep your arm in the splint at all times.
○ You may move your fingers and thumb as much as possible.
○ Do not do any sporting activities, running or weight training.

uncontrolled pain
○ Call your physician.

return to work
○ Your return will depend on the type of work you perform.
○ If your job does not require much use of the operative arm, 3-7 days is a reasonable time you can expect to be off.
○ If your occupation involves considerable, lifting, walking or use of the arm, discuss your return to work with your physician.
○ Your physician will write you a note for the first week of work after surgery if needed.

follow-up
○ Your physician would like you to follow-up with him in the office next week.
○ Call the office in the morning to set up an appointment.
○ Bring your preoperative wrist splint to your first office visit.
○ Let the receptionist know that you had surgery today and are to be seen next week.
○ The office number is 630 790 1872.
○ The 24 hour answering service is 630 469 9200.