



## Upper Extremity Post-Operative Instructions

Jason P. Young MD

**Diet:** Advance to solid food as tolerated

**Follow-up Appointment:** \_\_\_\_\_

**Bandages:** Do not remove your dressing for 48 hours. Most patients will be seen within 48 hours for a dressing change and instruction. If you had surgery on a Thursday or Friday, remove bandage 48 hours after the surgery. You may then apply Band-Aids over the incisions. Some bloody drainage is typical for up to 4 days after surgery. Larger incisions can be left open to air or covered with a dry dressing. Do not apply any ointments, creams, or other cleansing agents to your incisions. \*If you have a splint placed, please do not remove it– this will be done in the office.

**Blood Clot Prevention:** You will have TED hose on, please continue to wear these until instructed otherwise (you may take breaks to wash/or pick up a second pair at a local drug store). Typically, Aspirin 325mg (1 tablet per day for 2 weeks) is prescribed to help reduce your risk of a blood clot after surgery. Aspirin can be picked up over the counter. Please take as instructed. If you have risk factors for, or have experienced a prior blood clot, you may be placed on other blood thinning medications to be taken as directed.

**Bathing/Showering:** All incisions must stay dry until sutures are removed. Please seal incision to keep dry during bath or shower. Nexcare Tegaderm (made by 3M; can be purchased at CVS or Walgreens) **or** Saran wrap or “Press n’ Seal” can be applied over the incision area to take a shower. Remove the dressing/covering as soon as you finish showering. You may then leave the incisions open to the air or cover with Band Aids. Soaking the wound is not allowed until 48 hours after sutures are removed. **\*\*Note:** We recommend wearing a simple, drug store sling while in the shower as a precaution to support and avoid using the surgical arm.

**Activity:** Please follow your weight-bearing and motion status.

- Sling at all times, Non Weight Bearing       Sling with Pillow, Non Weight Bearing

**Medications:** A local anesthetic and/or a nerve block will help control your pain. These medications may provide relief for 6-12 hours. You have been given a prescription for a mild narcotic that should be used according to written instructions. You cannot consume alcohol or operate any machinery while taking these medications. In addition, these medications can cause nausea and constipation. You have been given a prescription for an anti-nausea medication (Zofran) to use, if needed. We highly recommend a stool softener as well to prevent constipation (Colace - over the counter). **\*Please note:** we will **NOT** refill narcotic pain medications after hours.

**Comfort Measures:** You may find it more comfortable to sleep/rest in a semi-upright position or in a recliner. Ice for 20 minutes at a time may help with pain control. Please do not place ice directly on your skin; nothing thinner than a wash-cloth should be between the ice pack/machine and your skin, or frostbite can occur. If you are using a CryoCuff/Polar Care ice unit, you might find that freezing water in paper/styrofoam cups will make replacing ice more efficient. Remove the paper/styrofoam from the ice block prior to putting it in the cooler.

**Problems:** Your arm may have swelling/pain for first several days. If you have increasing pain please try elevation, ice, and medication. If these measures do not help, please contact your surgeon.

**Please contact immediately with the following:**

1. Severe pain
2. Temperature above 101F
3. Pain, redness, or significant swelling in your knee or calf.

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