

Dr. Robert Boretz

Post Operative Hand and Wrist Surgery Instructions

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1. Elevate your hand above your heart when sitting or lying down for the first week, especially the first 48 hours. A sling is not elevation.
2. Use ice over your dressing, splint or cast to decrease swelling and control pain for the first few days after surgery.
3. Move your fingers constantly. This will decrease swelling, pain and restore motion. You may use your hand for *light* activities.
4. If your fingers become numb, swollen or blue, and the dressing feels tight, then loosen the outside bandage and rewrap. Call the office if you have questions.
5. Take your prescribed pain medication as necessary as soon as you have discomfort. **DO NOT** wait until the pain is severe. Also, you can take an over-the-counter anti-inflammatory (Aleve 2x/day or Advil 2-3 pills 3x/day). **DO NOT** take these if you had a fusion.
6. Unless otherwise specified, you may remove your post-operative dressing 48 hours after surgery and shower. The wound may get wet. Pat the wounds dry and cover with band-aids after showering.
7. FRACTURE CARE: **DO NOT** remove your post-op dressing, splint or cast. Keep the area clean and dry.
8. A fever (temp >101) is normal 24-48 hours after surgery. Use Tylenol or Advil. If fever persists, call the office.
9. Your pain should improve with time. If your pain starts to increase, call the office.
10. Bleeding, staining, and some drainage is normal after surgery. If drainage increases or the wound becomes red or painful, call the office.

You should have a post-operative office visit approximately ten days after surgery.