

Post Operative Instructions: Hand/Elbow

Diet: Gradually resume regular diet. If you had general anesthesia or intravenous sedation, start with clear liquids, advance to soup and crackers.

Medications:

Take pain medication, as prescribed. Resume your usual medications.

Activity and Restrictions:

1. You should not drive a car or operate machinery until cleared by your surgeon.
2. No heavy gripping or lifting, nothing heavier than a cup of water.
3. Keep your hand elevated above your heart for 3-4 days. Your hand should be higher than your elbow.
4. Wiggle fingers, and gently move your shoulder and elbow (if not immobilized) to prevent stiffness.
5. You may take baths/shower. Keep dressing clean and dry covering with plastic bag.

Wound Care:

1. Keep your dressing clean and dry until you see your doctor.
2. If not already scheduled, please call the office to schedule a follow-up appointment in 13 days from the date of surgery.
3. If you develop fevers greater than 101, redness, warmth, foul smelling drainage, excessive bleeding or continuous oozing that saturates bandage, numbness or tingling, persistent nausea and vomiting, or pain unrelieved by pain medication, please contact us at (585) 295-5355 or out of area (800) 724-7712.