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Appointment Scheduling Line or for Postoperative Concerns: 800-943-8099

DISCHARGE INSTRUCTIONS FOR HAND/UPPER EXTREMITY SURGERY

Diet: Light diet today. Resume regular diet tomorrow as tolerated.

Medications: Resume your regular medications as prescribed.
Take your pain medication as prescribed.

Activity: Elevate your hand above your heart level for a minimum of 48 hours.
Minimum activity with operated hand and arm.
Perform gentle digital range of motion exercises (open and close fingers)

Dressing: Splint: Do not get wet or disturb in any way. Leave in place till next appt.
 Ace wrap: Do not get wet or disturb in any way. *Remove in 72 hours.
 Waterproof dressing: Okay to get wet, pat dry, no soaking. *Remove in 72 hrs.

*When removing dressing, do not remove steri-strips.

*Following removal of dressing, it is okay to get incision wet, pat dry, no soaking.
Apply Band-Aid to incision, change daily.

Special Instructions: Since you were given medication today, do not drink alcoholic
Beverages or drive a car for 24 hours.

Call your doctor if:
a. There is continuous bleeding through your dressing
b. Temperature over 101 degrees
c. Excessive pain not controlled by pain medication
d. Itching or rash over body
e. Nausea or vomiting
f. Your dressing gets wet
g. Significant swelling of operated arm, or numbness that persists after block has worn off

Further Instructions: _____

Follow-Up Appointment: _____

Patients Signature: _____

Witness: _____ **Date:** _____ **Time:** _____