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Webster Orthopedics

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

DISCHARGE INSTRUCTIONS FOR WALANT HAND SURGERY

Diet: Resume usual diet.

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.

*Following removal of dressing, it is okay to get incision wet, pat dry, no soaking.
Apply Band-Aid to incision, change daily. Do not remove steri-stips! These are holding your incision together.

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:** _____

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Castro Valley, CA 94546

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San Ramon, CA 94583

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