

DISCHARGE INSTRUCTIONS – Page 1

Today you had:

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- Keep your hand elevated above your elbow and your elbow above your heart as much as possible over the next week, especially the next 72 hours, to control swelling. Move any and all fingers that are not splinted to help decrease swelling. If swelling continues, keep your hand elevated until you speak to your doctor.
 - Apply an icepack intermittently for at least 48 to 72 hours; continue to use it if it is helpful.
 - Do **not** put ice directly on your skin.
 - Rest today. Tomorrow, increase your activity at a comfortable rate.
 - Take your temperature in the morning and evening for the next seven days.
Call your doctor if your temperature is 101F or higher.
 - Keep your dressing clean and dry. When bathing, securely cover your bandages with a plastic bag or sponge bathe until you see your doctor.
 - Do **not** remove your post-operative dressing!
 - You may remove your dressing in ____ days and cover the wound with a Band-Aid. Do **not** submerge hand in water. It is ok to shower over wound, pat wound until dry and reapply Band-Aid.
 - You may feel some numbness or tingling in your fingers and hand (similar to when you receive Novocain from the dentist) until the anesthesia wears off.
 - If you received a “block” by the Anesthesiologist, wear the sling until movement and feeling has returned to your hand.
 - See your scheduled appointment information below. ***If you have not scheduled your post-operative appointment, please call our scheduling department to do so at 405.218.2530.***

- Bring splint as directed.
- If you had General Anesthesia or IV Sedation (Twilight) anesthesia:
 - Do **not** drive for 24 hours.
 - Do **not** drink alcohol for 24 hours.
 - Do **not** make important decisions for 24 hours.
 - Keep physical activity to a minimum for 24 hours.
- Take prescriptions as prescribed. If pain medication prescribed is too strong, you may use alternate over the counter medications such as Tylenol or Ibuprofen.

➤ **Pain Medication Information:**

- As part of your care after surgery, your doctor may have given you a prescription for narcotic pain medication, i.e. Percocet, Percodan, Vicodin, and Tylenol with codeine. Make certain that you have told your doctor about any drug allergies as well as other medications that you take.
- Because this medication is most effective when taken before severe pain develops, you should not wait until the pain becomes severe before taking it.
- Your nurse will review the directions for taking your medicine, which are also printed on the prescription label. Don't take your medication more often or in great quantities than prescribed. If the medicine does not relieve your pain, call your doctor.
- Drowsiness is a frequent side effect with pain medication. You should **not** perform any activity that requires you to be alert (such as driving) while you are taking narcotic pain medication. If the drowsiness affects your normal activities, then try reducing the dose and frequency of your medication.
- You should **not** consume alcohol while taking pain medication.
- Other side effects include dizziness, upset stomach, and constipation. Taking this medication with food or milk will help you avoid an upset stomach.
- Drinking plenty of water, exercising, and increasing the amount of fiber in your diet will help prevent constipation.
- This medication was prescribed specifically for you. It should **not** be used by anyone other than you.