



Office of Dr. Tamara John
7710 NW 71st Court, Suite 205
Tamarac, FL 33321

POST-OPERATIVE INSTRUCTIONS

Patient Name _____

Procedure Performed _____

Please call the office at 954-747-1221 with any questions/concerns

If you do not already have a post-operative appointment scheduled, the office will call to schedule your post-operative appointment for 10-14 days after your procedure. Please contact my office if you have not heard from a scheduler within 5 days of surgery.

DIET: Your regular diet can be resumed today.

MEDICATIONS:

- ✚ Resume your usual medications, **but please review all medications with your PCP prior to discontinuing any of your regular medications.**
- ✚ Please take pain medication with food to reduce nausea and stomach irritation.
- ✚ Take pain medications as prescribed.
- ✚ You may also take over the counter medications such as Tylenol (also known as acetaminophen). **DO NOT TAKE MORE THAN 3000mg of Tylenol IN A 24 HOUR PERIOD.**
- ✚ Dr. John does not typically prescribe antibiotics after surgery unless there is a laceration or infection present.

ACTIVITIES:

- ✚ Rest today. We encourage you to have someone with you for 24 hours.
- ✚ Numbing medication given during your surgery typically lasts 4-8 hours after surgery. It may take even more time for it to wear off.
- ✚ If you had a nerve block to numb your arm on the day of surgery, be sure to protect your extremity with a sling until sensation returns. This may take as long as 24-36 hours.
- ✚ **ELEVATE** your operative hand and wrist on a pillow above your heart for 2-3 days. If properly elevated, you should be able to roll a marble from your fingertips to your elbow. This helps both with pain and swelling.
- ✚ Use an ice pack intermittently for 2-3 days. Place a towel onto the dressing and apply ice to the area of incision for 15-20 minutes.
- ✚ Gently resume range of motion of your non-involved fingers as soon as today. You should be able to make a full fist and fully extend your fingers by your first post-operative visit.

SPLINT

- ✚ Rest your hand in the splint. Keep the splint clean and dry—do not get it wet. You may gently make a fist and extend your fingers while in the splint. Do not use your hand to lift any objects until further notice.
- ✚ Do not lift any objects more than **5 pounds** until further instruction from Dr. John.

DRESSING:

- ✚ Keep your splint in place until follow up. Do not remove.
- ✚ Reinforce your dressing as needed, expect some mild drainage. Please call if you feel there is too much drainage or if the dressing is too tight.

NOTIFY Dr. John's office if you are unsure of your progress or if any of the following occur:

- ✚ Dressing is too tight (It is OK to unwrap the ace bandage to loosen the dressing if needed).
- ✚ Excessive swelling, fever, infection (redness or foul-smelling drainage).
- ✚ Excessive bleeding (it is ok to reinforce or overwrap the dressing if there is a small area of bleeding through the dressing)
- ✚ Continued nausea/vomiting, or uncontrolled pain.