



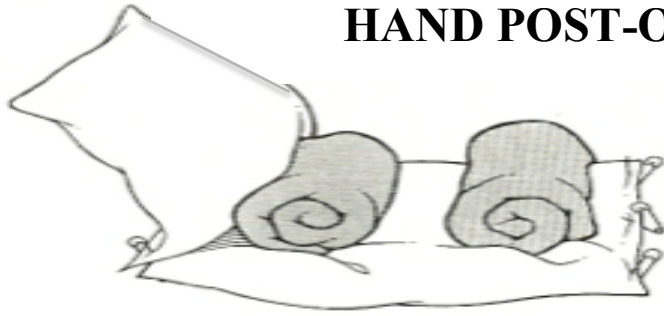
Post-op instructions

Hand & Wrist

1. **Ice & Elevate*** your hand above your heart for the next 48 - 72°
 - **If significant swelling occurs:**
 - **Elevate above head for a minimum of two hours**
 - **If persists, you may loosen overlying (adherent) ace wrap**
Do not disturb anything that is white under ace wrap, this part of the dressing is sterile.
 - ***No sling was provided to avoid holding the hand too low**
 - **Bruising of fingers/elbow is not uncommon and CAN BE expected.**

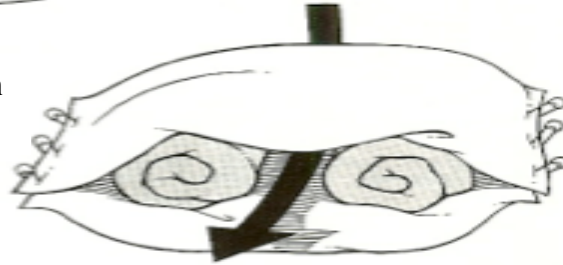
***Rapid, progressive bleeding through the dressing is NOT expected, call MD.**
2. **Do not be alarmed by numbness or tingling**
 - **An anesthetic block of your hand and/or adjacent digits was placed to provide you with comfort, and can last up to 48° depending on your metabolism.**
3. **Keep your dressing clean, dry and intact**
 - **A towel at the top of the dressing under a secured plastic bag will protect your dressing and wounds in the shower.**
 - **We do have “cast bags” for purchase if desired at your post-op visit**
4. **Fill your prescription(s) in a timely fashion**
 - **Prescription refills over the phone are only called in on weekdays between 9am and 4pm.**
 - **Nausea/vomiting may be secondary to pain medication**
 - **Try liquid diet and try taking only half of the pain pill dose given**
5. **If you do not recall the time/date of your postop appointment:**
 - **Email: Reception@Bronsteinhandcenter.com**
or Call 458-4263 and ask to speak to a receptionist.
 - **Ask if a post-op therapy appointment has to be coordinated**
5. **If you have an emergency, call 458-4263 and a physician or staff member will return your call**

HOW TO ELEVATE YOUR HAND POST-OP



Use 2 standard pillows, 6 or 8 safety pins, and 2 large rolled up bath towels

The forearm is placed between the bath towels inside the two pillows

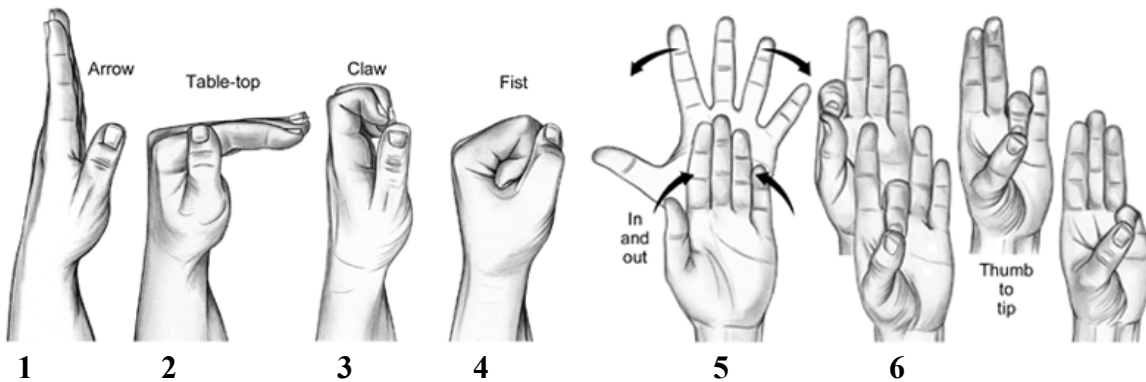


You will be able to sleep on your back or your side hugging the pillows



You can secure with a belt around the pillows instead of safety pins.

HAND Six Pack EXERCISES to decrease swelling and maintain motion



1

2

3

4

5

6

Procedure:

Number/Day

Carpal Tunnel	20x/day
Cubital Tunnel	20x/day
Wrist Fracture / Ganglion	20x/day
Thumb Recon or DeQ	20x/day (not #6)
Trigger Finger/Thumb	100x/day