



Post Operative Upper Extremity Instructions
Jason P. Young MD

Diet: Advance to solid food as tolerated

Bandages: Do not remove your dressing for 48hrs. Most patients will be seen within 48hrs for a dressing change and instruction by our staff. If you have surgery on Thursday or Friday, please remove bandage 48 hours after the surgery. You can then apply Band-Aids over the incisions. Some bloody drainage is typical for up to 4 days after surgery. Larger incisions can be left open to air or covered with a dry dressing. Do not apply any ointments, creams, cleaners to your incision. If you have a splint placed please do not remove – this will be done in the office.

DVT Prophylaxis: You will have TED hose on, please continue to wear these during the day until your sutures are removed (you may take breaks to wash/or pick up a second pair at a local drug store.) Typically, 325mg of Aspirin one daily is prescribed to help reduce your risk of DVT please take as instructed. If you have risk factors or prior DVT you may be placed on other blood thinning medications to be taken as directed.

Bathing/Showering: All incisions must stay dry for 7 days. Please seal incision to keep dry during bath or shower. Nexcare Tegaderm made by 3M can be purchased at CVS or Walgreens – you can apply this dressing over the incisions and take a shower – then remove and leave open to air or place Band Aids. We generally want these incisions nice and dry until the sutures are removed. Soaking the wound is not allowed until 48 hours after sutures are removed.

Activity: Please follow your weight-bearing and motion status.

Sling at all times, Non Weight Bearing Sling with Pillow, Non Weight Bearing

Medications: A local anesthetic and/or a nerve block will help control your pain. These medications may provide relief for 6-12 hours. You have been given a mild narcotic as well that should be used according to written instructions. You cannot consume alcohol or operate any machinery while taking these medications. In addition, these medications can cause nausea and constipation. You have been given anti-nausea medication to use if needed and we highly recommend a stool softener as well to prevent constipation. Please note we will **NOT** refill narcotic pain medications after hours.

Comfort Measures: Ice for 20 minutes at a time. Please do not place ice directly on skin, nothing thinner than a wash-cloth should be between the ice pack/machine and your skin or frostbite can occur. You may find it more comfortable to sleep/rest in a semi-upright position.

Problems: Your arm may have swelling/pain for first several days. If you have increasing pain please try elevation, ice, and medication. If these measures do not help, please contact your surgeon.

Please contact immediately with the following

1. Severe pain
2. Temperature above 101F
3. Pain, redness, or significant swelling in your knee or calf.

Jason P Young MD
Advanced Orthopedics
314-721-7325