



CONNECTICUT
CENTER FOR
ORTHOPEDIC
SURGERY, LLC

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Orthopedic Surgeon

www.OrthoOnTheWeb.com

Patient Name _____

Date _____

HAND / THUMB ARTHRITIS SURGERY POSTOPERATIVE INSTRUCTIONS

Activity: After your hand / thumb arthritis surgery, you will be placed in a bulky dressing and splint. This should remain in place until seen in the office. There may be swelling of the hand and wrist following surgery. You are encouraged to keep the hand elevated in a sling or on a pillow when lying down. If your fingers are exposed, try to move them as much as possible to avoid joint stiffness and swelling. Let pain be your guide.

Dressings: After your hand surgery, you will be placed in a bulky dressing and splint. This should remain in place until seen in the office. It should not be removed and should not get wet. Keep the hand elevated above the heart and move the fingers if the are exposed. Use the sling as often as possible. Purchase a "cast cover" from the pharmacy to keep it dry during showers.

Medications: You may resume your normal medications that you took prior to surgery. If you are able to tolerate aspirin, take one tablet (325 mg) daily until you have resumed normal activity or are seen in the office. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by me or my office during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends.

Plan ahead.

Medications for postoperative pain are as follows:

_____ 1-2 pills every 4 hours if you have pain.

You may take 3 tabs of _____ every 4 hours for very severe pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate those medications and are not taking blood thinners.

Once the nerve block begins to wear off, start you pain medicine.

Follow up: Make an appointment to be seen approximately ~10-12 days after surgery. I will discuss the procedure and the findings during surgery at this visit.

You should have an appointment with a therapist to have a removable splint made on the day of your first post op visit. Tell my office that you will need this appointment and we will facilitate this for you.

Problems: Complications from elbow surgery can occur and you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero". Call the office for a temperature over 101 degrees, pain not controlled by the pain medication.

CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267. After hours, you can call the office to speak with the covering doctor.