

Provider: Aman Luther, MD

## Hand & Upper Extremity – Post-Op Instructions

### Caring For Your Hand/Arm

- **Elevation:** Keep your hand elevated for the first 3 to 5 days to help decrease swelling. The hand or extremity should be above the heart.
- **Motion:** Open and close your exposed fingers into a fist 10 times every hour. Move your fingers that are not in the bandage. Any fingers that are in a bandage or splint/cast should **NOT** be moved unless instructed otherwise.
- **Use:** You may use your hand and fingers for light activities, but do not do any lifting greater than a piece of paper or perform strenuous activity.
  - If you had surgery performed on your finger, **do not** use this finger for any activity.

### Dressing Care

- Keep your dressing clean, dry and intact until your follow up visit. Use a plastic bag over the dressing while bathing. If the ACE wrap feels too tight, you can unwrap and loosely rewrap it in the same fashion.
- If you have had a carpal tunnel surgery, you may remove your ACE wrap after five (5) days but keep the dressing underneath on until you are seen in clinic.

### Medications

- Please follow your pain medication regimen with Aleve and Tylenol Arthritis as written for the first 3 to 5 days- this is in the attached sheet.
- Narcotics (Oxycodone, Percocet, Vicodin, Dilaudid): These medications can be constipating; you should use a stool softener while taking narcotics (i.e., Colace, Senokot). These can be obtained over the counter. Do not drive or drink alcohol while consuming narcotics. Percocet and Vicodin contain Tylenol (acetaminophen). Do not exceed 4gm Tylenol per 24 hours.
- **Home medications: Please follow the advice of the pre-op anesthesia testing clinic regarding what medications should/should not be taken prior to and day of surgery.**

### Post-Operative appointment:

Your first post-operative appointment may have already been scheduled; if so, please follow up as scheduled.

If one has not been scheduled, please call **(919) 232-5020, x15754** and speak with Debbie Lilley to make an appointment.

**When to Call the Doctor**

- Increased pain of the arm/hand/fingers after 2 to 3 days
- Temperature >101° for 24 hours
- Excessive bleeding through your dressing
- Your dressing is soiled or wet
- Numbness lasting >48 hours after surgery

**Questions/Concerns?**

For any questions and concerns please call **(919)-232-5020, Option 7** and ask for the following extension:

- For **Prescription Concerns**, x15763
- For **Postoperative** wounds, dressing, splints and postoperative care, x15762
- **All other questions**, x15754 and ask for Debbie Lilley. Debbie may also be reached at [DLilley@wakeortho.com](mailto:DLilley@wakeortho.com) or through your WakeMed MyChart portal.
- If you are calling during office hours and do not get a call back within 1 hour, please ask the operator to page Dr. Luther directly.
- If you are calling after office hours, please call (919)-232-5020 and page the physician on call (follow prompts).
- If you still have not received a response from the above numbers, you may email Dr. Luther directly at [aluther@wakeortho.com](mailto:aluther@wakeortho.com). Please reserve this for emergencies only.