

Dr. Scott Levin MD

Somers Orthopedic Surgery and Sports Medicine Group

Post-Operative Instructions Hand and Wrist Surgery

Pain Medication

After surgery it is normal to experience some discomfort. You will receive a prescription for Percocet 5/325mg on the day of surgery. Please fill the prescriptions and use the medications as directed, 1 tab every 6 hours as needed for pain. For minor discomfort, Tylenol or Advil may be taken (one or two every four hours as needed). Do not take additional Tylenol if you are taking the maximum daily amount of prescription pain medication. Advil may be used in addition to the prescription pain medication, and may be taken in between doses of the pain medication but do not exceed maximum daily dose as indicated on the bottle.

Dressing and Wound Care

Keep the dressing or splint clean and dry at all times. You may take a bath by covering your arm in a garbage bag or other waterproof bag and secure it with rubber bands or duct tape.

Ice and Elevation

You will notice some swelling of your hand which is normal. Elevate your hand above the level of your heart as much as possible for the first week. When you sleep, place your arm on several pillows so that the hand is above your heart. You may ice the wrist or hand up to 30 minutes every 2 hours. This will also decrease your postoperative swelling. Unless instructed otherwise, you may gently open and close your fingers in order to avoid stiffness and decrease the swelling.

Follow-up

Please call the office after surgery to schedule your first post-operative appointment. The appointment should be anywhere from 5 - 10 days from the date of surgery.

A low-grade temperature (99 - 101 degrees) is common. Please call the office if your temperature is consistently elevated over 101 degrees. If you think you have a fever, please use a thermometer so you can tell us your exact temperature.

It is also common to develop a bluish discoloration of the fingers after surgery. This color may change to green then yellow and will slowly resolve over time.

For any other questions, please call my office at 845-230-5104.

If you should experience any shortness of breath, calf pain, difficulty breathing or chest tightness go to the nearest emergency department or call 911.