

Post-Operative Instructions for Hand & Wrist Surgery

- ❖ Regular diet
- ❖ Take your regular medication unless otherwise instructed
- ❖ Activity as tolerated, elevate arm above heart to prevent pain and swelling
- ❖ Leave your dressing on, you may remove dressing in two (2) days
- ❖ After you have removed the surgical bandage you may shower
- ❖ Place a band aid over incisions after showering
- ❖ For pain, take Tylenol or any prescription provided
- ❖ Call physician's office for follow-up appointment if one is not given
- ❖ Call you doctor if:
 1. Excessive bleeding
 2. Pain medicine does not relieve your discomfort or causes stomach upset, headache, rash or other abnormal reaction
 3. Fever over 101 degrees
 4. Persistent nausea, vomiting

Post-Operative Anesthetic Instructions

Anesthetics and other medications will be in your body for 24 hours, so you may feel a little sleepy. This feeling will slowly wear off but for the 24 hours the patient should **NOT**:

- ❖ **Drive a car, operate machinery or power tools**
- ❖ **Drink any alcoholic drinks, even beer or wine**
- ❖ **If taking oral pain medication do NOT take on an empty stomach**

Certain anesthetics and pain medications may produce nausea and vomiting in certain individuals. If nausea becomes a problem at home, start with liquids at first and gradually progress to usual diet.

If your throat is sore, cool liquids will help. Avoid acidic juices such as orange juice. If sore throat continues, Cepacol lozenges are available over the counter.

**NEW
PATIENT**,
DOB :
01/01/2000

VENICE:

842 Sunset Lake Bld., Suite 302
Venice, Florida 34292
(941) 484-3404 • Fax 496-7895

SARASOTA:

5741 Bee Ridge Rd., Suite 320
Sarasota, Florida 34233
(941) 484-3404 • Fax 496-7895

ENGLEWOOD:

779 Medical Dr., Suite 2
Englewood, Florida 34223
(941) 484-3404 • Fax 496-7895

NEUROSURGICAL ASSOCIATES

CASSIDY & GUERIN, M.D., P.A.

We strongly suggest that a responsible adult be there with you for the rest of the day and also during the night for your protection and safety. If any problems occur, or if you have any further questions, please contact your physician. If it is after office hours, the answering service will intercept your call. If you find that you cannot contact your doctor but feel that your symptoms warrant immediate physician attention: go to the Emergency Room which is closest to you.

**NEW
PATIENT**,
DOB :
01/01/2000

VENICE:

842 Sunset Lake Bld., Suite 302
Venice, Florida 34292
(941) 484-3404 • Fax 496-7895

SARASOTA:

5741 Bee Ridge Rd., Suite 320
Sarasota, Florida 34233
(941) 484-3404 • Fax 496-7895

ENGLEWOOD:

779 Medical Dr., Suite 2
Englewood, Florida 34223
(941) 484-3404 • Fax 496-7895