

GENERAL POST-OPERATIVE INSTRUCTIONS for Upper Extremities

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1. May take shower after 48-72 hours if wound is dry. No soaks in tub, hot tub or pool.
2. Remove dressings after 48-72 hours

For example – if you leave the surgery center at 10am on Wed, then at earliest you can remove the dressings is on Friday at 10am. Leave white/brown steri-strips in place.

****If you have a hard splint, keep it clean and dry until you are seen by a clinician****

3. Drainage into dressing is to be expected. If drainage continues after 3 days, call the office.
4. Start gentle range of motion as tolerated. In general, it is good to open and close the surgical hand by making a fist and extending the fingers.

If you had shoulder surgery, OK to start elbow and wrist motion right away.

5. Limit activity during first 2-3 days. No driving until you are off pain medications during the day.
6. Pain medication may be used as directed on prescription.
7. Ice surgical area with towel between skin and ice up to 4-5 times a day for 20 minutes at a time. (If you have an ice machine, use towel between skin and ice pad – may use 1-2 hours on and 1 hour off.)
8. If you develop a fever over 101° F, have redness, excessive drainage, or excessive pain not tolerable on pain medication, please call the office.
9. Make a follow up appointment within 7-10 days of your surgery date.

THESE ARE GENERAL POST-OP INSTRUCTIONS ONLY. IF SPECIAL INSTRUCTIONS ARE GIVEN, PLEASE FOLLOW ACCORDINGLY. FOR ANY QUESTIONS, PLEASE CALL (408) 297-3484.

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