

## HAND AND WRIST MINOR PROCEDURE POST-OPERATIVE INSTRUCTIONS

Procedure: \_\_\_\_\_

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### Instructions

- ✓ Elevate your **R L** arm to reduce swelling today.
- ✓ Use your **R L** hand for light activities such as eating, dressing, driving (after today and advance these activities as you feel comfortable).

### Dressing

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*To reduce the risk of infection*

- **DO NOT** soak the hand until sutures are removed (ie no swimming, baths, etc).
- **DO NOT** apply any antibiotic or other ointments, gels, or creams

### Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication. If no pain medication was prescribed or you wish to avoid taking prescription medication, you may use Tylenol or an NSAID (i.e. Motrin, Advil, Aleve). Follow the instructions for use on the bottle.

### Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 14 days from surgery. The sutures will be removed at that time.

### Additional Instructions

Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD!