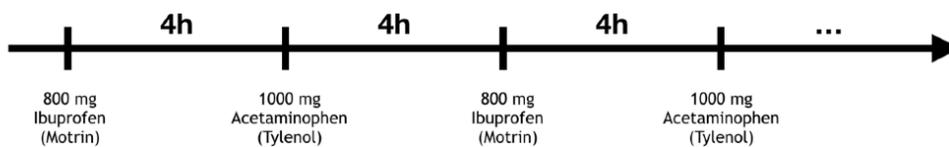


Post-Op Visit Date and Time: Provider: <input type="checkbox"/> Kevin D. Han, M.D. <input type="checkbox"/> Shannon Leipus, P.A.	<input type="checkbox"/> Phoenix: 370 East Virginia Ave, Suite 100, Phoenix, AZ 85004 <input type="checkbox"/> NW Valley: 15830 North 35 th Ave, Suite 1, Phoenix, AZ 85053 <input type="checkbox"/> Mesa: 2111 West University Dr, Mesa, AZ 85201
Hand Therapy Appointment: <input type="checkbox"/> DTH: 602-231-8511 <input type="checkbox"/> Other:	Location:

PAIN CONTROL

- You may have had a nerve block or local block for pain control. It is **normal** to have increased pain when the block wears off. Please take your pain medications with food **prior** to the nerve block wearing off (when you start feeling tingling in your fingers).
 - Narcotic pain medications (for example: Oxycodone, Dilaudid) can cause constipation. Please take a stool softener while taking these and drink plenty of water (available at any pharmacy for example, Pericolace for prevention or MiraLax if you are truly constipated).
- You may use Tylenol (acetaminophen). **DO NOT EXCEED 3000 mg of Tylenol in 24 hours.**
- You may use Motrin (a type of ibuprofen).
- Use narcotic only as needed for additional pain control. Take it with food with help with nausea from narcotic pain medications. **Rx Sent**
- We recommend the following take as scheduled and take narcotic pain medications only as needed:



ACTIVITY

- Please keep the extremity elevated as much as possible in the first 5 days and then whenever possible. (Resting on 2-3 pillows while watching TV and sleeping).
- For the 5 days, please refrain from cardio exercises or any activities that increase blood pressure or heart rate. We will tell when you can go back to strenuous activities at your first post-op visit.
- If you were given a sling following the nerve block, please remove the sling when the block has worn off, and gently move your elbow and shoulder to prevent stiffness.
- If the fingers were left unwrapped, this was intentional: please make a gentle fist a few times an hour to prevent stiffness and swelling. You may gently move your extremities within your confinement of your splint.
- No driving while on pain medications.
- NO SMOKING.** Smoking interferes with healing and can cause serious complications. It is in your best interest to refrain from smoking.

1. DRESSINGS: Typical Dressings

- Keep the dressing dry during the first 3 days and cover it with a bag when in the shower. The dressing can be removed in 3 days and the site can get wet in the shower with soap and water. **Do not submerge** the wound in the bathtub or sink. No sauna or swimming. You can then leave it open to air after drying. You can use a Band-Aid for comfort.
- Leave the dressing/splint intact and dry until following up with us in the office. Do not Remove. You may shower with a bag over your splint to keep it dry.
- You may remove the removable splint for your exercises, then reapply the splint.

2. Dressings: Special Situations

- Skin Graft Donor Site: Keep your post-operative dressing on for 3 days. If it saturates light wine color fluids, you can reinforce the dressings with gauze from any pharmacy. You can remove dressing in 3 days. You will see a yellow gauze (Xeroform) attached to your donor site. **DO NOT REMOVE**. You may shower and get the area wet and dry after showering. As your donor site heals like a road rash, the new skin will push the yellow gauze off.
- Wound Vac Stays on: Please leave your wound vac on and **do not change the wound vac dressing** till your next office visit.
- Wound Vac Changes: We have set up home nursing to change and replace your wound vac per our pre-determined schedule.
- Drain Care: you will need to empty and record the amount of fluid that comes out at least two times a day. Please record the amount of drainage from each drain separately! We will need to see the 24 hour total of each drain so that we can tell when we can take them out. Please bring your drain record with you to your office visit. The normal color of the fluid should be red, pink, or clear yellow.

3. Wound Care/Dressing Changes

- Wound Dressing Changes: Please remove current dressings, gently scrub/wash with soap and water or do it in the shower and replace the dressings with a wet gauze (either bottled saline solution purchased from a pharmacy or use boiled tap water that has been cooled off to room temperature), then add a layer of dry gauze and secure it with tape. Please do this 3x per day (shower counts one dressing change).
- Warm Soap Water Soaks: Please remove current dressings, gently scrub/wash with soap water and soak in warm soap water for 20 mins and dry off and replace with dry dressings. Please do this 3x per day (shower counts one).

WHEN TO CALL?

Please call the office if you have any questions or concerns regarding your post-operative care. If any of these symptoms are present please call:

- Persistent fever greater than 101.5 °F or 38.5 °C
- Increasing pain or swelling not controlled with medications (increased in swelling and bruising in first a couple of days after surgery is normal and expected. Elevation will help with swelling).
- Excessive drainage or bleeding on the bandage
- Chest pain, difficulty breathing, nausea, vomiting
- Cold fingers, or painful fingers that are not normal in color
- Increasing redness, drainage, or odor from the wound site especially 1 week after surgery
- Any other concerning symptoms