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## **Post-operative Instructions**

Please review these instructions carefully after your procedure. Keep this sheet handy during your recovery.

### **1. Your Next Steps**

- Schedule or confirm your follow-up appointment 10–14 days after surgery.
- Call our office at 404.282.8883 if you have any concerns.

### **2. Diet**

- You may resume your regular diet today.

### **3. Medications**

- Restart your usual medications unless told otherwise.
- Take pain medicine with food to reduce stomach upset.
- Do not take more than 3,000 mg of acetaminophen (Tylenol) in 24 hours.
- Avoid driving while taking narcotic pain medicine.
- Narcotic refills require 2–3 business days and cannot be filled on weekends.
- Antibiotics are not routinely prescribed unless there is an infection.

### **4. Dressing Care**

- Keep your dressing clean, dry, and in place until your follow up appointment.
- Mild drainage on the dressing is normal. Call if you notice heavy drainage or if your dressing feels tight.

### **5. Activity & Recovery**

- Rest today. Have someone stay with you for 24 hours.
- The numbing medicine from surgery usually lasts 4–8 hours.
- If you had a block to completely numb your arm on the day of surgery, be sure to protect the arm until motion and sensation returns. This may take as long as 24-36 hours



- Keep your hand elevated above heart level for 2–3 days. Use pillows for support. If your hand is high enough, you should be able to roll a marble from your fingertips to your elbow.
- Apply an ice pack for 15–20 minutes at a time with a towel between the ice and dressing.
- Move any fingers not covered by the dressing several times a day to help prevent stiffness.
- Avoid heavy lifting or strenuous activity until cleared by Dr. Lamikanra.

## **6. Call Us If You Notice Any of the Following:**

- Dressing feels too tight or causes numbness.
- Increasing redness, swelling, or foul-smelling drainage.
- Persistent bleeding through the dressing (you may reinforce lightly).
- Fever over 101°F, nausea, vomiting, or uncontrolled pain.
- You're unsure about your progress or something doesn't look right.

**Thank you for trusting Cura Hand Surgery & Orthopedics. We are here to support you through your recovery.**

