

Opeyemi E. Lamikanra, MD

5887 Glenridge Dr., Suite 110. Atlanta, GA 30328

Office#:(404)282.8883 | Fax#:(800) 524-9785 | info@curaortho.com

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 for 5 days.
- After 5 days, remove your dressing and wash gently with soap and water over the stitches.
- You may cover the incision with a band-aid or leave it open to air.
- Avoid using Neosporin, lotion, peroxide, or alcohol on the incision.
- Mild drainage 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.
- 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.

