

Post-operative Instructions

The more you rest in the first few days after surgery, the less bleeding, swelling, pain, and scar tissue formation you will have. Applying an ice pack and elevating the operative site above the level of your heart can help minimize throbbing pain and swelling. Until you are instructed to remove your bandage, please keep it clean and dry and cover it with a plastic bag while bathing. You will be given specific post-operative instructions from the surgery center or hospital, but please refer to the information below as a back-up when needed.

Non-Narcotic Pain Medication Recommendations for After Surgery

If you are able to take non-steroidal anti-inflammatory medication (NSAIDs) and Tylenol based on your medical history, these medications work very well when combined in the regimen listed below to minimize post-operative pain, swelling, and inflammation. Do not proceed with this regimen if you have an ulcer, kidney disease, liver disease, or if your medical doctor has told you not to take NSAIDs or Tylenol. NSAIDs can cause reflux and stomach irritation, so please take these medications with food and consider taking an over-the-counter reflux medication (ex- Prilosec) to prevent reflux. Particularly for more minor surgeries, the protocol listed below may be enough to prevent you from taking narcotic medications (which can cause nausea, constipation, falls, light-headedness, and addiction).

Protocol:

Ibuprofen, Advil, or Motrin: 3 tabs (600 mg) every 8 hours with food

Tylenol or Acetaminophen: 4 hours after taking the ibuprofen, please take 2 tabs of Tylenol (either regular or extra-strength). The Tylenol should be staggered with the ibuprofen, and the Tylenol can be taken every 6 hours.

By staggering the ibuprofen and Tylenol every 4 hours, you will have consistent levels of pain medication in your system. If pain is severe, you can increase the ibuprofen to 4 tabs (800 mg), but please do NOT increase the Tylenol over the daily maximum dose of 3,000 mg (no more than 6 extra-strength Tylenol tabs or 10 regular strength Tylenol tabs in one day).

Ice, elevation, and rest are good adjuncts to help with pain relief. If you still have severe pain despite the above regimen, you can substitute the Tylenol with the prescribed narcotic medication. Narcotics should not be mixed with Tylenol (as the narcotics often have acetaminophen mixed in), but you can continue to take the ibuprofen/Advil/Motrin every 8 hours while taking the narcotics. Occasionally, patients do well with the above regimen during daytime hours. At night, when it is harder to distract yourself from pain, you can then substitute the narcotics for the Tylenol. Please do not mix Ibuprofen, Advil, or Motrin with other NSAIDs (ex- Naproxyn, Aleve, Celebrex).

Carpal Tunnel Release

Dressing: Please keep your dressing clean and dry for 3 days. On the 4th day after surgery, you should take your outer dressing off (but please try not to disturb the white steri-strips over your wound). You may then gently wash your hands with clean soap and water and you may get your operative hand wet in the shower (but please do not scrub the wound). No soaking please (ie- no bath tubs, no doing dishes, no swimming). Once you are done washing your hands, please pat the wound dry and place a band aid over the wound when you are out of the house. You may put an ice pack on your hand to help reduce pain and swelling.

Activity: The more you rest in the first few days after surgery, the less bleeding, swelling, pain, and scar tissue you will have. After the first few days, you may use your hand for light activity **that does not cause pain** (typing, eating, writing). You should gently open and close your fingers daily to avoid stiffness, but please avoid squeeze balls. No heavy lifting (over 10 lbs) on your operative extremity for 4-6 weeks after surgery.

Pain control: It is normal to have some pain and discomfort as you are recovering from surgery, but most patients can manage the pain with over-the-counter pain medicine. The pain from a carpal tunnel release typically extends from your palm up above the wrist. We recommend that

you start your pain medication right when you get home (before the numbing medication from the surgery wears off). If you can take NSAIDs based on your medical history, please start with those medications to help minimize the side effects from stronger, narcotic pain medication. Dr. Kitay recommends taking 3 ibuprofen pills (total of 600 mg) when you get home from surgery. Four hours after the ibuprofen, she recommends that you take 2 Tylenol pills. From that point forward, you can stagger the three ibuprofen (600 mg total) and 2 Tylenol pills ever 4 hours, as needed. After your numbing medication wears off, you can start to wean off the above regiment (ie- drop down to 2 ibuprofen (400 mg) and only 1 Tylenol, and then 1 ibuprofen (200 mg) and no Tylenol). You may also be given a prescription for a narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction. For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up: Please make an appointment for ~14 days after surgery.

Return to work/school: You may return to light activity at work/school once you no longer need narcotic pain medication, but no heavy lifting on the operative extremity is allowed.

Post-operative Instructions: Trigger Finger Release

Dressing: Please keep your dressing clean and dry for 3 days. On the 4th day after surgery, you should take your dressing off. You may then wash your hands and get your operative hand wet in the shower, but please do not scrub the wound. No soaking please (ie- no bath tubs, no doing dishes, no swimming). Once you are done washing your hands or showering, please pat the wound dry and place a band aid over the wound. You may put an ice pack over your operative site to help reduce pain and swelling.

Activity:

The more you rest in the first few days after surgery, the less bleeding, swelling, scar tissue, and pain you will have (and the quicker you will recover). After a few days of rest, you can proceed with light activity that **does not cause pain** (typing, tablet use). **No heavy gripping or lifting** (over 5 lbs) on your operative extremity until your wound is well healed (about 2 weeks after surgery). It is normal to have some mild discomfort at the surgical site for about 6 weeks after surgery, but this will improve with time.

Pain control:

Most patients do well with over-the-counter medications for this type of surgery (Tylenol and ibuprofen). Elevation and ice go a long way towards helping with pain control. If you have more pain than the over-the-counter medications can handle, you are probably doing too much and you need to rest more. You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for ~14 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no heavy lifting on the operative extremity is allowed.

Procedure: Mucous Cyst Excision

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing. If it falls off before your appointment, please cover your incision with a band-aid.

Activity:

Elevation, rest, and ice will minimize discomfort and help expedite healing after surgery. The more you rest in the first few days after surgery, the less bleeding, swelling, pain, and scar tissue you will have. No lifting or weight bearing on your operative finger. You may perform light activity with your operative hand as tolerated, such as typing or using an iPad. Please do not perform activities that cause pain. Please gently move your fingers to avoid stiffness by opening and closing your hand several times a day.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for ~10-14 days after surgery. You should call the office to schedule this appointment.

Return to work/school:

You may return to light activity at work/school once you no longer need pain medication.

Post-operative Instructions: Finger Mass Excision

Dressing:

Please keep your dressing clean and dry for 3 days. On the 4th day after surgery, you may take your dressing off and wash your hands. Please do not scrub your wound, but you may get your operative hand wet in the shower. No soaking please (ie- no doing dishes, no swimming). Once you are done washing your hands or showering (with soap and water to clean your wound), please pat the wound dry and place a band-aid over the wound. You may put an ice pack over your operative site to help reduce pain and swelling.

Activity:

No lifting or weight bearing on your operative finger. Please move your fingers gently to avoid stiffness by opening and closing your hand a few times a day. You may perform light activity with your operative hand that does NOT cause pain, such as typing or using an iPad, but please do not use the involved finger for these activities.

Pain control:

You will be given a prescription for narcotic medication to help with pain. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for 10-14 days after surgery. You should call the office to schedule this appointment.

Return to work/school:

You may return to light activity at work/school once you no longer need pain medication. No gym class at school.

Procedure: DeQuervain's Surgery

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

The more you rest in the first few days after surgery, the less bleeding, swelling, pain, and scar tissue you will have. After the first few days of rest, you may perform light activity with your operative hand as tolerated **that does NOT cause pain**, such as typing or using an Ipad. Please do not lift anything heavier than your dinner fork for 2 weeks, and please avoid activities that cause pain. Ice and elevation can help a lot with pain and swelling.

Pain control:

Most patients do well with over the counter pain medication for this surgery (ibuprofen and Tylenol). Please refer to your instruction sheet on how to stagger the ibuprofen and Tylenol to manage your pain. You may be given a prescription for narcotic pain medication if needed, but

please use the narcotic medication as sparingly
as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). For
constipation, you can take 300 mg of colace a day (colace is an over-the-counter stool softener).

Follow up:

Please call the office to schedule an appointment for ~14 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication,
but no gym and no weight bearing activities are allowed on your operative hand.

Post-operative Instructions : Wrist fracture

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a
plastic bag and kept dry and out of the water while bathing.

Activity:

Please elevate your hand to reduce swelling. **No lifting or weight bearing on your operative hand.**
You may perform light activity with the fingers that are left out of your bandage, such as typing or
using an iPad, but **do not lift anything heavier than your dinner fork** with your operative hand. To
avoid finger stiffness, please open and close your fingers gently several times a day. Please do not
do any activity with your hand that causes pain.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication
as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness,
addiction). If you are able to take anti-inflammatory medication based on your medical history, you
can mix Advil, motrin, Aleve, or ibuprofen in additional to the narcotic pain medication to get extra
pain relief if needed. Please do not mix Tylenol or acetaminophen with the narcotics, as the
narcotics often come mixed with that type of medication

As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 10 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

Post-operative Instructions : Finger Joint Replacement

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

No lifting or weight bearing on your operative hand (**nothing heavier than your dinner fork**). You may perform light activity with the fingers that are left out of your bandage, such as typing or using an iPad, but please do not use the finger that was operated on for these activities. You will need to start therapy about one to two weeks after surgery.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or

Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 5-7 days after surgery.

Return to work/school:

You may return to light activity at work once you no longer need narcotic pain medication, but no weight bearing activities are allowed.

Post-operative Instructions: Pediatric forearm fracture surgery

Dressing:

Please keep your cast clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

Please avoid running and jumping after surgery. You should elevate your hand to reduce swelling. Please do not lift anything heavier than your dinner fork in your operative hand. You may perform light activity that does not cause pain with the fingers that are left out of your bandage, such as typing or using an iPad, but no strenuous activity is allowed. To avoid finger stiffness, please open and close your fingers a few times a day. No squeeze balls are allowed.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can mix Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed.

As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take colace (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 5-7 days after surgery.

Return to work/school:

You may return to light activity at school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

Post-operative Instructions: Cubital Tunnel Release

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. You may put an ice pack over your operative site to help reduce pain and swelling. **Please keep your sling on for 2 weeks.**

Activity:

Please do not lift anything heavier than your dinner fork with your operative extremity. You may use your arm for light activity as tolerated (such as typing, texting, and writing), but do not do anything that causes pain. Please **keep your sling on** and avoid activities that require repetitive flexion of the elbow in the first 2 weeks after surgery. Please open and close your fingers several times a day to avoid finger stiffness.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). It is okay to take Advil, Motrin, Ibuprofen, or Aleve in addition to the narcotic pain medication if your medical history allows NSAIDs (but best to take those medications with food to avoid GI upset). Please do not mix Tylenol/Acetaminophen with your narcotic medication, as the narcotics often come with Tylenol/Acetaminophen mixed in. As your pain decreases, please wean

yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for 10-14 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no lifting with the operative extremity is allowed.

Post-operative Instructions: Thumb Ligament Repair

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing. You may put an ice pack over your operative site to help with pain and swelling. Please elevate your hand to minimize swelling.

Activity:

No lifting or weight bearing on your operative extremity. You may use your fingers for light activity that does not cause pain, such as typing, texting, or using an iPad. **Please do not move your thumb or use your thumb for these activities.** Please do not lift anything heavier than a dinner fork with your hand. Do not move your thumb, but you can gently make a fist with your other digits to avoid stiffness.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for 7-10 days after surgery. You should call the office to schedule this appointment.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication. No gym class at school.

Post-operative Instructions: Dupuytren's and Digit Widget

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

No lifting or weight bearing on your operative hand. You may perform light activity with the fingers that are left out of your bandage, such as typing or using an iPad, but please do not use the finger(s) that were operated on for these activities. Elevate your hand to reduce swelling, and please feel free to put an ice pack on your hand to help with pain and swelling.

Pain control:

You will be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 7 days after surgery. You will need an OT appointment too to begin the therapy.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

Post-operative Instructions

Procedure: Tendon Surgery

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

No lifting or weight bearing on your operative hand. Please elevate your hand to help minimize swelling. It is okay to apply ice to the operative site to reduce pain and swelling, but please do not remove your bandage. You may do light activity with the fingers that are left out of your bandage (ie- typing or tablet use), but **do not lift anything heavier than your dinner fork.**

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 5 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

Post-operative Instructions: ORIF Metacarpal Fracture

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

No lifting or weight bearing on your operative hand. Please elevate your hand to help minimize swelling. It is okay to apply ice to the operative site to reduce pain and swelling, but please do not remove your bandage. You may **gently** move the fingers that are left out of your bandage and you may use them for light activity, such as typing/lpad. Do not use the injured finger(s) that are included in your bandage, and **do not lift anything heavier than your dinner fork** with your hand.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 5-7 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

Post-operative Instructions: Removal of hardware

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. You may put an ice pack over your operative site to help reduce pain and swelling.

Activity:

No heavy lifting or weight bearing on your operative extremity. Please elevate your hand and open and close your fingers several times a day to minimize swelling and to avoid finger stiffness. You may use your operative arm for light activity that does not cause pain (ie- typing, using an Ipad), but please avoid lifting anything heavier than your dinner fork.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can mix Advil, motrin, Aleve, or ibuprofen in additional to the narcotic pain medication to get extra pain relief if needed. Please do not mix Tylenol or acetaminophen with the narcotics, as the narcotics often come mixed with that type of medication.

As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for 10-14 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication.

Post-operative Instructions: Hand joint replacements

Dressing:

Please keep your dressing clean and dry until you see Dr. Kitay back in the office. It should be covered and kept out of the water for bathing. Elevate your hand to minimize swelling. You may also put an ice pack over your operative site to help reduce pain and swelling.

Activity:

Please feel free to move the parts of your fingers that were left out of your dressing, but please **do not lift anything heavier than your dinner fork with your operative hand**. You may use your hand for light activity (typing, eating) as pain allows, but **rest and elevation are encouraged**.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). It is okay to take Advil, Motrin, Ibuprofen, or Aleve in addition to the narcotic pain medication if your medical history allows NSAIDs (but best to take those medications with food to avoid GI upset). Please do not mix Tylenol/Acetaminophen with your narcotic medication, as the narcotics often come with Tylenol/Acetaminophen mixed in. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for ~5-7 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no lifting on the operative extremity is allowed.

Procedure: Wrist ganglion cyst excision

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

No lifting or weight bearing on your operative hand. You may perform light activity with your operative hand as tolerated, such as typing or using an iPad, but please do not use that hand to lift anything heavier than your dinner fork.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over-the-counter stool softener).

Follow up:

Please call the office to schedule an appointment for ~14 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

Post-operative Instructions: Digital nerve repair

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

No lifting or weight bearing on your operative hand. You may perform light activity with the fingers that are left out of your bandage, such as typing or using an iPad, but please do not use the finger that was operated on for these activities.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, Motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 10 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

Post-operative Instructions: Cubital tunnel and carpal tunnel release

Dressing: Elbow: Please keep your dressing clean, dry, and intact until you follow up. You should cover it for showers. You may put an ice pack over your operative site to help reduce pain and swelling. Please keep your sling on for 2 weeks.

Hand: Please keep your dressing clean and dry for 3 days. On the 4th day after surgery, you should take your dressing off. You may then wash your hands and get your operative hand wet in the

shower, but please do not scrub the wound.

No soaking

please (ie- no bath tubs, no doing dishes, no swimming). Once you are done washing your hands or showering, please pat the wound dry and place a band aid over the wound. You may put an ice pack over your operative site to help reduce pain and swelling.

Activity: No heavy lifting or weight bearing on your operative extremity, but you may use your arm for light activity (such as typing, eating, writing). Please keep your sling on during the first 2 weeks and avoid activities that require repetitive elbow flexion. Please open and close your fingers several times a day to avoid finger stiffness. After 2 weeks, you will be allowed to come out of your sling but no heavy lifting or gripping is allowed for 4-6 weeks after surgery.

Pain control: You will be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). It is okay to take Advil, Motrin, Ibuprofen, or Aleve in addition to the narcotic pain medication (but best to take those medications with food to avoid GI upset). Please do not mix Tylenol/Acetaminophen with your narcotic medication, as the narcotics often come with Tylenol/Acetaminophen mixed in. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up: Please make an appointment for ~14 days after surgery.

Return to work/school: You may return to light activity at work/school once you no longer need narcotic pain medication, but no heavy lifting on the operative extremity is allowed.

Procedure: Shoulder Fracture Fixation

Dressing: Please keep your dressing clean, dry, and intact until you follow up. You should cover the dressing when showering to keep it dry. You may put an ice pack over your operative site to help reduce pain and swelling. Please keep your sling on until you see Dr. Kitay back in the office in 5-7 days.

Activity: No lifting or weight bearing on your operative extremity. Please continue using your sling until you follow up. You should work on range of motion of your hand, wrist, and elbow as much as

possible. Please open and close your fingers several times a day to avoid finger stiffness. You may use your hand for light activity such as typing, but please do not lift anything heavier than your dinner fork with your operative hand. You will start formal physical therapy ~7-10 days after surgery.

Pain control: You will be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are allowed to take NSAIDs based on your medical history, it is okay to combine Advil, Motrin, Ibuprofen, or Aleve in addition to the narcotic pain medication (but best to take those medications with food to avoid GI upset). Please do not mix Tylenol/Acetaminophen with your narcotic medication, as the narcotics often come with Tylenol/Acetaminophen mixed in. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Lying flat after shoulder surgery can be very painful. You may find that you are more comfortable trying to sleep in a reclining chair or a reclined position instead of lying all the way flat for the first few days after surgery.

Follow up: Please make an appointment for ~7 days after surgery.

Return to work/school: You may return to light activity at work/school once you no longer need narcotic pain medication, but no lifting on the operative extremity is allowed.

Post-operative Instructions: Thumb CMC Arthroplasty

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

No lifting or weight bearing on your operative extremity. If you were given a sling, please take it off as soon as your arm is no longer numb to avoid stiffness in your elbow. Elevation and rest can help with pain control and swelling. To avoid finger stiffness, please move your fingers that were left out of your dressing by opening and closing them several times a day. You may use your fingers for

light activity that does NOT cause pain, such as typing
or using an iPad. **Please do not move your thumb or use your thumb for these activities.**

Pain control:

You will be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medications based on your health history, it is okay to mix Advil, Motrin, Ibuprofen, or Aleve with the narcotic pain medication for additional pain relief. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please follow up with Dr. Kitay in ~10 days. You will need to see hand therapy too so the therapist can make you a splint. If you do not already have your post operative appointment and your hand therapy appointment set up, please call the office for help scheduling these appointments.

Return to work/school:

You may return to light activity at work once you no longer need narcotic pain medication. No lifting is allowed with your operative extremity. You may type with your other fingers, but **please rest your operative thumb and avoid using it during your post-operative period.**

Procedure: Ankle Fracture

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It must be covered and kept out of the water during bathing. If your splint gets wet, it will be ruined and you will be at higher risk of infection. You may put an ice pack over your splint to help reduce pain and swelling.

Activity:

No weight bearing on your operative extremity. You will need crutches or a roll-about to mobilize. Elevate your ankle as much as possible, higher than the level of your heart.

DVT Prevention:

If your medical history allows it, Dr. Kitay recommends that all patients with ankle fractures take enteric coated aspirin 81 mg twice a day to help prevent blood clots. Please feel free to check this with your primary care doctor.

Pain control:

You will be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness). If you are allowed to take NSAIDs based on your medical history, it is okay to combine Advil, Motrin, Ibuprofen, or Aleve in addition to the narcotic pain medication (but best to take those medications with food to avoid GI upset). Please do not mix Tylenol/Acetaminophen with your narcotic medication, as the narcotics often come with Tylenol/Acetaminophen mixed in. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Ankle fracture can put patients at higher risk for blood clots. We advise you to take aspirin (325 mg daily) while you are non-weight bearing to help decrease your risk of blood clots. This is not for pain, so please take this medication daily as advised even as your pain subsides.

Follow up:

Please make an appointment for ~10-14 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no driving or weight bearing on the operative extremity is allowed.
