

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.

For questions, please call the office: 301-657-9876