

INSTRUCTIONS FOLLOWING YOUR HAND/WRIST/ELBOW SURGERY

First follow-up visit after surgery

- Call the office the day after your surgery and make an appointment for the next week to see Dr. Pruzansky, unless specified otherwise.

Dressing & Wound Care

- Keep the original dressing on until you are seen by Dr. Pruzansky.
- Do **not** get your dressing wet. You may take a bath by covering your arm in a garbage bag or other waterproof bag; tie it securely with rubber bands and / or tape.
- Keep your dressings as clean as possible.

Swelling and Discoloration

- You will notice some swelling of your hand – this is normal. **Elevate your hand above the level of your heart.** Shorten the strap of the sling or remove the sling and place your elbow on a sitting table with your wrist leaning on a stack of books so that your hand is higher than both your elbow and your heart. When you sleep, place your hand on several pillows.
- You may notice a bluish discoloration of your fingers. This is also normal. This discoloration may change from blue to purple to green to yellow then will slowly go away over a few weeks time.

Discomfort

- You will experience some pain and discomfort after surgery. By the third day, this pain usually decreases significantly.
- You will be given a prescription for pain medication. Take the medication as prescribed.
- If the discomfort is mild, you can take one or two Tylenol 4 – 6 hours as needed, **instead** of the prescribed pain medication.

Temperature

- A temperature of up to **101.5°F** is common for the first three days after surgery.
- If your temperature is elevated above 101.5° F, call the office.

Exercise

- Unless instructed otherwise, you may gently open and close your fingers.
- Do not perform any exercises that cause you to sweat until you discuss this at your first postoperative office visit.

We hope this answers many of your questions regarding your surgery. These are only guidelines however. If you have any other concerns or questions at any time, do not hesitate to call the office at 212-249-8700. When you leave a message after office hours for an emergency call from the doctor, remember to unlock your phone line in order to receive calls from a private phone line.