



## Discharge Instructions After Hand, Wrist, Arm or Elbow Surgery

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### **FOLLOWING YOUR PROCEDURE YOU MUST REMEMBER...**

- It is preferable to rest for 24 hours following the procedure.
- Do not drive any vehicle, ride a motorcycle or operate heavy machinery for 48 hours following the procedure.
- Do not drink alcoholic beverages (beer and wine included) for 24 hours following the procedure.
- Delay making important decisions until you are fully recovered.
- Have a sponsor drive you home.

### **DRESSINGS:**

- Keep your dressing dry and clean.
- If you have a soft bulky dressing, you may change it after 2 days using a clean sterile gauze.
- It is okay to shower, but always cover your dressing with a plastic bag.
- After 5 days following your surgery you may shower over your incision.
- If you have a hard splint in your dressing, keep it dry and do not remove it until we see you back in the office.

### **ACTIVITY:**

- Keep your arm elevated and apply ice as needed. This will help to keep the swelling down.
- Do not use this arm for any lifting, pushing or pulling.
- Continue to wiggle your fingers and try to make a tight fist. Then try to fully straighten fingers using other hand to help bend them fully backward.

### **DIET:**

- You may return to your normal daily diet.

### **MEDICATION:**

- Take medications as prescribed by your physician.

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR SURGERY,  
PLEASE CALL OUR OFFICE AT  
440.285.4999 (CHARDON) OR 216.398.5342 (RIDGEPARK).**