POST-OPERATIVE ORDERS
ELBOW, FOREARM, WRIST AND HAND SURGERIES

YOUR SURGERY INVOLVED THE FOLLOWING:
- Ulnar nerve release at the elbow/wrist
- Ulnar nerve transposition at the elbow
- Carpal Tunnel Release
- Open reduction internal fixation of ________________________
- Removal of hardware from ______________________________
- External fixation of ____________________________________
- Percutaneous pinning of ________________________________
- LRTI/ Ligament Reconstruction-Tendon Interposition
- ____________________________________________________

Carpal Tunnel Release patients should have immediate relief from night pain. However, numbness and tingling may persist indefinitely.

DRESSINGS AND WOUND CARE:
Depending on the type of surgery you had you could have a cast, splint or a soft dressing. Leave this dressing/splint or cast on until your post-op visit with the Physician. KEEP CLEAN AND DRY.

ICE AND ELEVATION:
You may elevate your arm above your heart to limit swelling. Ice may be used to limit swelling and pain. Cover cast or dressings with plastic or clean garbage bag to keep dressings CLEAN AND DRY while icing. Apply ice for up to 15 minutes every 2 hours. You may also be given a Murphy sling which is a

EXERCISES:
- Elbow flexion/extension (bending and straightening)
- Make a fist/open and close fingers ____________ times/hour

PRESCRIPTIONS:
Take your pain medication as directed by your Physician. If a refill is needed call our office allowing up to 48 hours to have a prescription available.

CALL OUR OFFICE IF YOU NOTICE:
- Fever over 101.0°
- Any drainage or unusual redness
- Any foul odor from wound

Your post-op appointment should be 10-14 days from your surgery date unless instructed otherwise upon discharge.