

POSTOPERATIVE HAND/WRISTSURGERY PATIENT INSTRUCTIONS (Soft Dressing)

Surgeon: Dr Brandon Barnds

Surgery Date:

MEDICATIONS:

1. Resume all previous home medications at the previous prescribed dose and frequency
2. Start taking the following pain medications on an as-needed basis as prescribed.

GENERAL INSTRUCTIONS:

1. Keep your surgical site elevated above your heart for at least 5-7 days or longer to prevent swelling. This will improve your comfort and your overall recovery following surgery
2. Be alert for signs of infection including redness, streaking, odor, fever or chills. Be alert for excessive pain or bleeding and notify your surgeon immediately.

DIET AND COMFORT:

1. Return to your regular diet as tolerated. Begin with light or bland foods. Drink plenty of fluids.
2. Take your pain medication as prescribed. Take pain medication with food to minimize nausea.
3. Instead of the prescribed pain medication, you may take over-the-counter pain relievers such as Aleve and Tylenol if adequate pain relief is obtained.
4. Do not drink alcohol or drive while using prescription pain medications

ACTIVITY:

1. You are advised to go home directly from the hospital or surgical center. Restrict your activities.
2. Gently move your fingers which are free on an hourly basis to prevent stiffness and swelling
3. Do not push or pull on your operative fingers unless instructed to do so.
4. Do not drive for 24 hr after surgery or while using prescription pain medications
5. No lifting or pushing or pulling greater 2 pounds with the operative extremity until seen at the next postoperative visit.
6. Return to work will be determined at the next clinic visit. The patient will be restricted from all work activities from the time of surgery.

DRESSING CARE

1. Keep dressing clean and dry.
2. You may shower, but place plastic bag over dressing.
3. The patient should continue to wear the postoperative dressing for 5 days.

FOLLOWUP INSTRUCTIONS:

1. Follow up in the clinic within 10-14 days. The office phone number for scheduling the appointment was given to the patient.
2. The general scheduling number is **913-381-5225**
3. Contact your physician's nurse during office hours at **913-652-6462** or Kansas City Bone and Joint operator at all other times at **913-381-5225**. For medical emergencies call 911.

POSTOPERATIVE HAND/WRIST SURGERY PATIENT INSTRUCTIONS (Splint)

Surgeon: Dr Brandon Barnds

Surgery Date:

MEDICATIONS:

1. Resume all previous home medications at the previous prescribed dose and frequency
2. Start taking the following pain medications on an as-needed basis as prescribed

GENERAL INSTRUCTIONS:

1. Keep your surgical site elevated above your heart for at least 5-7 days or longer to prevent swelling. This will improve your comfort and your overall recovery following surgery
2. Be alert for signs of infection including redness, streaking, odor, fever or chills. Be alert for excessive pain or bleeding and notify your surgeon immediately.

DIET AND COMFORT:

1. Return to your regular diet as tolerated. Begin with light or bland foods. Drink plenty of fluids.
2. Take your pain medication as prescribed. Take pain medication with food to minimize nausea.
3. Instead of the prescribed pain medication, you may take over-the-counter pain relievers such as Aleve and Tylenol if adequate pain relief is obtained.
4. Do not drink alcohol or drive while using prescription pain medications

ACTIVITY:

1. You are advised to go home directly from the hospital or surgical center. Restrict your activities.
2. Gently move your fingers which are free from the splint on an hourly basis to prevent stiffness and swelling
3. Do not push or pull on your operative fingers unless instructed to do so.
4. Do not drive for 24 hr after surgery or while using prescription pain medications
5. No lifting or pushing or pulling greater 2 pounds with the operative extremity until seen at the next postoperative visit.
6. Return to work will be determined at the next clinic visit. The patient will be restricted from all work activities from the time of surgery.

DRESSING CARE

1. Keep splint clean and dry.
2. You may shower, with a plastic bag over the splint. Should the splint become it wet it will need to be changed at our office.
3. The patient should continue to wear the postoperative splint until follow-up.

FOLLOWUP INSTRUCTIONS:

1. Follow up in the clinic within 10-14 days. The office phone number for scheduling the appointment was given to the patient.
2. The general scheduling number is **913-381-5225**
3. Contact your physician's nurse during office hours at **913-652-6462** or the Kansas City Bone and Joint operator at all other times at **913-381-5225**. For medical emergencies call 911.