

1. Dressing Care:

Keep your dressing clean & dry. This may be changed as necessary. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Swelling in the fingers and hand is normal and may persist for several weeks. If you have progressive pain or numbness in the hand, call the office.

2. Pain Medication:

You will be given a painkiller _____ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

3. Activity:

Elevate the arm and work on finger & grip range of motion following surgery. You may use the hand as tolerated for light activities. Following suture removal, you will be instructed in the use of your hand. It often takes 4-8 weeks for full recovery.

4. General Instructions:

Apply ice to the wrist (20min on /off) and elevate to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, or fever $>100.5^{\circ}$ F, call the office immediately.

5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for _____ days after surgery.

6. Other Instructions:

*If you have any problems or concerns following surgery,
please call our office at (616) 949-8945.*