

1. Dressing Care:

Change your dressing 1-2 days after surgery, then as needed. 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. Keep a clean dressing on the incision until your follow-up appointment.

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:

Work on finger & grip range of motion following surgery. You may use the hand as tolerated with the splint on at all times. You may discontinue the splint and resume normal activity 2 weeks from surgery.

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° F, call the office immediately.

5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

6. Other Instructions:

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