

POST-OPERATIVE HAND SURGERY INSTRUCTIONS

*DO NOT remove the bandage that is on your hand after surgery. This will be removed at your first post-operative appointment.

*Your hand will cause a great deal of pain for the first 48-72 hours. Make sure you stay on top of the pain with your medication. The pain medication will help lessen the pain, but WILL NOT stop it fully. The Lortab or Percocet may be taken one every 4-6 hours. You may take two every 4-6 hours for the first day or two. You will also need to take ibuprofen in-between pain medication; this will extend the Lortab or Percocet. You may take up to 400 mg of ibuprofen four times a day.

*DO NOT EXCEED more than two pain pills every 4 hours for the first day or two.
TAKING MORE THAN THE RECOMMENDED DOSE MAY DAMAGE YOUR LIVER.

*Elevation and ice must be done for the first 48 hours to help alleviate the pain.

*If you are planning to work following surgery, you need to tell the employer you are taking narcotics.

*DO NOT wait until the weekend to get a prescription refilled. Call a day before you need a refill.

*DO NOT drive while on narcotic.

Call the office if any of the following occur:

1. Extreme bleeding
2. Redness or excessive swelling from the bandage
3. A dramatic increase in throbbing pain after the first few days

If you have any further questions or concerns, please feel free to contact our office at 802-0120.