
OMRI AYALON, M.D.

555 Madison Ave, 2nd Fl, New York NY 10022
23-18 31st Street, 3rd Fl, Astoria, NY 11105
70 Atlantic Ave, 2nd Fl, Brooklyn, NY 11201
646.987.9129

POST-OPERATIVE INSTRUCTIONS AFTER HAND/WRIST/ELBOW SURGERY

FOLLOW-UP:

*Call 646.987.9129 in the next day or two to make an appointment in 2 weeks

DRESSINGS:

*Please keep the dressing or bandage clean and dry and intact for ONE FULL WEEK.

*For the first week, shower with a plastic bag over the bandage with rubber bands around the arm with the hand up in the air to prevent any water from getting on the bandage ([Click here for example of cast cover.](#))

*After one week, you may remove the dressing and get the hand wet in the shower **UNLESS OTHERWISE INSTRUCTED**

*If you have a splint on, Keep it in place until you see me in the office at the first visit

*bruising is normal, and often tracks up the arm due to elevation.

ACTIVITIES:

*Keep the hand ELEVATED AT OR ABOVE THE LEVEL OF THE HEART at all times at least for the first 3 days. This will greatly help your pain and swelling. Often we provide a special pillow or "Carter Block" that you can strap your arm into to help with this. Only use this if it makes your life easier. If not, just use regular pillows and blankets to elevate.

*Keep your fingers moving as much as the dressing or splint allows you to do

*You should not drive a car with a splint on your and or for the first 24 hours after receiving anesthesia

MEDICATION:

*Pain is expected after surgery. Most of the pain can be managed with elevation, motion, rest, and anti-inflammatory medicines. Stronger pain medication is available only for short term use.

*Pain medicine should only be taken "as needed". If you received stronger pain medicine, you may take 1-2 tablets every 4-6 hours for the first day or two.

*Take an anti-inflammatory such as Motrin or Advil around the clock for the first 3-4 days. This means 600mg three times a day. This medicine does not interact with the pain medicine and will greatly reduce your pain. Take this with a small amount of food and do not take this medicine if you have kidney problems or stomach ulcers or if a doctor told you to avoid these types of medicines.

*Do NOT stop taking your blood thinner medicines before surgery. Continue any Aspirin, Plavix or other blood thinner medicines, unless otherwise instructed.

NERVE BLOCK:

*If you received a nerve block, either by me or by the anesthesiologist, this will wear off in a number of hours often around 12 hours. When this happens, you will feel tingling and your motion will start to return. **It is normal for your arm to be numb up to 18-24 hours after receiving a block.** Make sure, again, that your arm is elevated the entire time.

WHEN TO CONTACT ME:

*If you have a persistent temperature of 101.5 or greater for more than a day

*if you have any signs of wound infection: increasing redness, swelling, pus-like drainage

*if you have uncontrolled nausea/vomiting

*if your fingers appear blue or cold or if they stay numb well after the block wears off

*if you have persistent bleeding through the dressing

*if the dressing feels too tight or painful

Sincerely,

Omri Ayalon, MD