



## **Upper Arm Surgery Postop Care Instructions**

- DO NOT REMOVE splint. We will remove this at your postop appointment.
- DO NOT GET WET. If your splint becomes wet, call the office to get this changed even if your postop appointment is within a few days.
- You may wear sling for comfort until postop.
- Ice for 20 minutes every hour for the first 3-7 days postop. Do not apply ice pack directly to skin.
- Swelling is expected after surgery. We do recommend that you elevate and use compression (ace bandage).
- If you received a nerve block, this can last up to 12-24 hours after surgery. The nerve block does not always take and varies patient to patient. If you experience any difficulty breathing, please contact our office at (316) 978-9000.
- Do take your pain medication as directed for the first 3-5 days even if you have to get up through the night. This will decrease the immediate onset of pain. If you feel that your pain medication is not lasting the 4-6 hours as prescribed, we recommend you alternate doses of Ibuprofen in between if able to take an anti-inflammatory. You can take up to 2,400mg of Ibuprofen in a 24 hour period. If you have tried this and still no relief, contact our office if during business hours (316) 978-9000.
- You will be given a script of anti-nausea medication with your postop pain medication. This is for you to take if you are vomiting or feeling nauseated only. You do not have to take this if you are not having symptoms.
- You may receive a refill of pain medication every 7 days. Since it is a controlled substance we are not able to call to a pharmacy. You will have to come to our office to pick up a prescription and hand carry to the pharmacy. If your refill day is on a Friday, you will need to call prior to 3pm to have ready by the end of the day. We do not fill prescriptions over the weekend or after hours.
- If you have any other questions or concerns, contact our office at (316) 978-9000.