



Mid-America  
**Orthopedics**

## **Wrist/ Hand Surgery Postop Care Instructions**

- If you have a splint, **DO NOT REMOVE**. We will remove this at your postop appointment.
- **DO NOT GET WET**. If your splint becomes wet, call the office to have it changed even if your postop appointment is within a few days.
- Carpal Tunnel Release only, you may remove your dressing after 72 hours. Keep your incision clean and dry. You may shower and let water run over your incision, but do not scrub. Pat dry once done. No soaking of incision for 4 weeks.
- No lifting or use with extremity you had surgery on.
- 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).
- 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.