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## **Post-Operative Instructions: Elbow and Wrist**

### **WOUND CARE:**

- Keep cast/splint clean and dry. Do not get wet.
- Do not remove your dressing unless instructed to do so; it will be removed at your first post-operative appointment.
- Swelling and bruising in the hand and fingers is common.

### **ACTIVITY:**

- No lifting or exercise with the shoulder.
- You may not use the affected extremity to support any amount of body weight until your physician instructs you to do so.
- Initially you should flex and extend your fingers and hand to reduce swelling.

### **PAIN CONTROL:**

- Take your pain medication as prescribed, if pain is severe, you may take two pills at a time initially. Do not exceed 8 pills in a 24-hour period.
- To help with swelling and pain, elevate the affected extremity above your heart, the best way to do this is to lie flat on your back with your arm resting on a few pillows.
- Use ice, 20 minutes every 2 hours over your bandage during the first 48 hours while awake. If your bandage has been removed, there should be a layer of cloth between your skin and the ice.
- Keep the arm in the sling unless directed otherwise until your first visit.

### **FOLLOW-UP CARE/QUESTIONS:**

- You should have a post-operative appointment scheduled within a 3-10 days of your surgery, if you don't please call the office to schedule one (239-348-4253)
- Contact the office immediately if you have a fever above 101.5 degrees, painful swelling and numbness around the extremity, or pain uncontrolled by your prescribed medication.