



Post-Op Information: No Splint

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WHAT TO EXPECT THE FIRST FEW DAYS AFTER SURGERY:

- After the procedure, your hand will be bandaged in a soft dressing. Your fingers will be free but may get stiff and sore due to swelling in the hand. You are encouraged to move and use them for light things right away. This includes things like eating, dressing, and typing.
- Please perform finger exercises as instructed below starting the day of surgery for all fingers.
- Your fingers may be numb for several hours after the procedure from the numbing medication. This will eventually resolve. Please start pain medication when the numbness **begins** to go away.
- Elevating the arm above the level of the heart during the first few days after surgery will minimize swelling.
- You can apply ice packs over your dressing or in your elbow crease above the dressing for 10-15 minutes every hour while awake.
- If you feel like the dressing is too tight, it is okay to loosen and rewrap the brown ace wrap or coban. Do not remove the bandages underneath the ace wrap or coban until 4 days post operatively.
- Please remove all dressing 4 days after your procedure and take a shower. Let soapy water run over the incision, and rinse. Do not soak your incision until the wound is fully healed and sutures have been removed (no dishes, no hot tubs, no swimming pools). Do not apply Neosporin or Bacitracin or other ointment to the incision. Keep a large Band-Aid or gauze + tape over the incision at all times until the sutures have been removed.
- Occasionally Dr. Bhatt will recommend a removable brace for comfort during the first two weeks. This would have been discussed prior to surgery.

PAIN MEDICATIONS:

- Please take ibuprofen (Advil) and/or Tylenol (acetaminophen) for pain control.
 - Ibuprofen: up to 600 mg three times per day. We recommend you take this with meals.
 - Tylenol: up to 1000 mg (2 extra strength or 3 regular strength) up to three times per day.
 - You can take these medications separately but It is also safe to combine these medications together.

- If you take Vicodin or Percocet those medications also contain acetaminophen. Be mindful of the total amount of acetaminophen you take. Do not exceed a total of 4000 mg per day.
- We may also give you a small, one time prescription for some narcotic pain medication like oxycodone to use for the first few days after surgery.
- Constipation is a common side effect from the anesthesia and pain medication- drink lots of water and take over the counter Colace and/or Senna as directed on the bottle while taking pain medication. Miralax can also be helpful.

RETURN TO WORK:

- If you primarily do deskwork (typing, etc...), you may return to work within a few days once you are no longer taking any narcotic pain medication.
- If you do more active work requiring occasional heavy lifting or repetitive handling of small objects, you may return to work with restrictions (no lifting >1-2 lbs, no repetitive grasp) once cleared by Dr. Bhatt.
- Please bring any paperwork you need for your employer to your appointment.

FOLLOW UP:

- Please schedule a follow-up appointment 10-14 days after your procedure.
 - At this appointment the wound will be checked, and stitches will be removed.
- Please schedule a second follow-up appointment with your 6 weeks after your procedure.

OTHER QUESTIONS:

- Infection is rare but please watch for signs and symptoms of infection and call our office immediately and arrange to be seen urgently if you experience any of the following:
 - Redness spreading beyond the area directly around the incision or sutures
 - Yellow or white fluid coming from the incision or around the sutures
 - Wound splitting open between the sutures and fluid coming out of the incision
 - Please send photos of your incision to AmySteenberg@tcomn.com so Dr. Bhatt can advise on further action.
- Please do not hesitate to call our office at with any questions or concerns or write them down and bring them to your next appointment.

SIMPLE FINGER MOTION EXERCISES

Perform 10 reps at least 3 times a day. It may be painful to move your fingers at first, but the pain and swelling in your fingers should improve as you do the exercises. It's okay and encouraged to use your other hand to help move your fingers into the correct position.

Straight: All finger joints straight.

Tabletop: Bend the joints where your fingers meet your hand (MP joints), keep your other finger joints (IP joints) straight.

Claw: Straighten the joints where your fingers meet your hand (MP joints), bend your other finger joints.

Fist: Bend all three joints to bring your fingertips to your palm.

