



What is normal?

- You may have increased pain and swelling after the surgery. This should subside as your body heals over the next few days.
- You may have some numbness and tingling. This is usually due to multiple factors. The local anesthetic injected after the surgery typically lasts less than 24 hours. Symptoms from swelling and tight dressing should improve with elevation, ice and time.

What is abnormal?

If you are experiencing any of the symptoms below, call the office for further guidance or go to the nearest Emergency room:

- Fever, chills, night sweats
- Excessive bleeding or drainage from the incision
- Redness and warmth around the surgical site
- Intolerable pain despite the prescribed medication, ice and elevation
- Worsening numbness and tingling of the hand and fingers

What should I do now?

Your rehab starts from the day of the surgery.

- During the first days, you should decrease the swelling by applying ice and elevating the operated area above the level of the heart for 20–30 minutes, every 2–3 hours for 2–3 days, or as needed.
- You should begin by moving all joints that were not immobilized after the surgery as much as you can. Do not lift, push or pull more than 2 lbs. and do not engage in strenuous activities.

What can I do for pain control?

- You may take Ibuprofen and Tylenol as a first line option for pain control if you don't have any contraindications. It is suggested that you alternate them. For example, if you take Ibuprofen (200-800mg), you can take Tylenol (325-650mg) after 3 hours, and then 3 hours later, you can take the Ibuprofen again.
- If you were given a prescription for a narcotic-based pain medication, use it only for severe pain and only for a brief time. Typically, you won't need any pain medications beyond 5 days from the surgery.

When can I change my dressing?

- **Soft dressing:** Unless otherwise specified, you can remove it in 3–5 days and cover it as needed. You can move all joints, as tolerated, even with the dressing.
- **Hard dressing (splint):** You should keep the splint clean, dry and intact until the follow up appointment. The joints that are not immobilized should be moved, as tolerated, as that is the first stage of rehab.



When can I shower/bathe?

- **Soft dressing:** You should keep the dressing clean and dry until you remove it in 3–5 days. After the dressing is removed, it is ok to wash the wound with running water and soap and dab it dry. Do not scrub or soak the wound. Do not use any special wound-cleaning solution.
- **Hard dressing (splint):** You should keep the splint clean and dry. We recommend covering the affected limb with plastic bags or over-the-counter cast covers while taking a light shower or taking sponge baths.

What are my restrictions?

You can engage in light activities, such as walking. Do not engage in strenuous cardio workouts, as this may cause increased swelling and throbbing in the operated area.

When can I drive?

Driving after surgery can be dangerous, and an individual who operates a motor vehicle is responsible for their actions. Obviously, you should not drive while taking narcotic pain medication, or if you have one arm immobilized. You may drive when you can ensure the safety of yourself and the others on the road, even in an emergency.

Will I need therapy after surgery?

It depends on the type of surgery performed and your rate of recovery. We will guide you during your post-op period.

When should I follow up?

Unless otherwise specified, you should return to the office in 10–14 days after surgery for wound check and further post-operative instructions. Call 215.348.7000 to make the appointment.

If you have a concern or question, please call our office at 215.348.7000.