

**DISCHARGE INSTRUCTIONS: HAND / WRIST / ELBOW SURGERY**

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**MEDICATIONS / DIET**

Eat only light, non-greasy foods today & Take your medication with food,  
While taking pain medicines, **DO NOT** operate a vehicle, heavy machinery or appliances  
While taking pain medicines, **DO NOT** drink alcoholic beverages  
While taking pain medicines, **DO NOT** make critical decisions or sign legal papers  
If you have any reactions to your medicines, stop taking them and call my office immediately  
It is best to confirm with your Primary Care Doctor that you are okay to take these medications:

**Pain Medication:** Take as directed. **Examples:** Tramadol, Oxycodone or Hydrocodone. Take 1-2 tablets every 4-6 hours as needed for pain. If you have no pain, do not take these pills. You can additionally take Tylenol 500mg 1-2 tablets every 6 hours as needed

**Anti-inflammatory Medications:** If your pain is uncontrolled with above pain medication and if okay with your primary care doctor. Don't take if you are on a blood thinner, have kidney disease or history of ulcers.

**Examples include:** Aleve 500 mg every 12 hours -OR- Ibuprofen 800 mg every 8 hours

**Nausea Medication:** Please contact our office if you need a prescription. Nausea is a common side effect of pain medication and anesthesia. Take your pain medication with food to try and reduce the chance of nausea. **Example:** Zofran (Odansetron) 4 mg every 6 hours

**Vitamin C:** Take 500mg daily x 50 days after surgery. This helps healing & reduces pain

**Example of how to take pain medications (if not allergic to or if no ulcer history):**

- **Tylenol (Extra Strength = 500 mg)** 500-1000 mg every 6 hours
- **Aleve** 2 tablets in AM and 2 tablets in PM (if not on blood thinner),
- **Oxycodone (if prescribed)** 1 tablet every 4 hours scheduled for the first few days and additional tablet(s) as directed every 4-6 hours as needed for breakthrough pain –or–
- **Tramadol (if prescribed)** 1 tablet every 4 hours scheduled for the first few days and additional tablet as directed every 4-6 hours as needed for breakthrough pain.

Please keep in mind that **constipation** is a very common side effect of taking narcotic pain medication. We recommend that patients take precautions to prevent constipation:

- Drink plenty of water (6-8 glasses of 8 oz. a day)
- Avoid alcohol, caffeine, and dairy products
- Eat plenty of fiber (fruits, vegetables and whole grains)
- Take an over the counter stool softener (**Colace, Miralax, or Dulcolax**)

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**ACTIVITY / DRESSINGS / SHOWER**

If directed, please move your fingers regularly and elevate your extremity to decrease swelling. Please reinforce your dressing with a dry sterile dressing as needed

**Cast / Splint:**

DO NOT remove your cast or splint if one has been applied.

DO NOT get it wet.

DO NOT stick anything down it.

DO NOT do any weight bearing activities with your surgical extremity unless instructed.

Keep your splint / cast / dressings dry. If you shower, keep it covered. Consider using Glad Cling Wrap / Press N Seal.

**SMOKING / NICOTINE:** Please know that using nicotine products (smoking cigarettes, chewing tobacco, etc...), can lead to poor healing and potentially worsen your outcome. Please quit and if you can't quit, cut back as much as possible.

**EMERGENCY / FOLLOW-UP**

**My clinic phone number at Prairie Orthopaedic & Plastic Surgery, PC is: (402) 489-4700**  
**For urgent calls after hours, please call our Answering Service at: (402) 474-3434**

Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling

Please call if your digits become cold, purple, numb, or there is excessive bleeding

Please call the office within 24 business hours to schedule a follow up appointment if one has not already been provided for you.

Please call the office before 3pm on Friday if you do not have enough pain medicine for the weekend. Narcotic pain medication cannot be called into your pharmacy and the prescription must be picked up at our office