



**Postoperative Instructions for Outpatient Surgery**  
**Involving Elbow, Wrist, Hand**  
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**GENERAL ANESTHESIA OR SEDATION:** Rest quietly for the remainder of the day. Do not drive, transact legal business, care for a dependent person, or take public transportation alone for 24 hours after surgery. Do not drink alcoholic beverages for 24 hours, or for as long as you are taking prescription pain medication. In addition, someone must stay with you until the morning after surgery, or longer if required.

**ACTIVITY:**

- Resume normal activities on \_\_\_\_\_.
- Do not exercise, engage in sports, heavy work or heavy lifting until given permission by my office.
- Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- DIET: General anesthesia or sedation:** Begin with light diet (liquids, crackers, toast). Avoid fatty or spicy foods. Drink plenty of liquids. If not nauseated, you may progress to your regular diet or as instructed by your doctor.
  
- DIET: Local anesthesia only:** You may resume your regular diet as tolerated.

**MEDICATION:**

- Use prescription medication as directed. Take your pain medication with food.
- May use nonprescription pain relievers as needed. Follow instructions on label.
- May resume your usual routine prescription medication(s).



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**Operative Site:** A small amount of blood on the dressing is normal. If you feel the amount is excessive (persistent oozing or bleeding), **CALL MY OFFICE AT (559) 432-3374.**

- Keep the dressing dry
- DO NOT** remove the dressing
- Remove dressings on \_\_\_\_\_
- Keep Steri-Strips in place for 10 days.
- Apply ice to the operated area for \_\_\_\_\_ hours
- Elevate operated extremity for \_\_\_\_\_ hours
- May shower on \_\_\_\_\_
- May tub bathe on \_\_\_\_\_
- Use crutches as directed
- May loosen and reapply dressings on splint if too tight
- It is \_\_\_\_\_ OK \_\_\_\_\_ NOT OK to bend operated extremity as tolerated
- It is \_\_\_\_\_ OK \_\_\_\_\_ NOT OK to put weight on operated extremity
  
- Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- Call my office at (559) 432-3374 and make an appointment for \_\_\_\_\_

Please do not hesitate to call my office at (559) 432-3374 if you have any questions or problems. Should you develop an urgent problem and cannot reach me, go to an emergency room or call 911.