

OrthoNeuro

A Multi-Specialty Center of Excellence

Surgical Discharge Instructions

Scott P. Stephens, M.D.

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Safety and Activity

- Do not play sports or do any lifting until Dr. Stephens approves.
- Do not drive until cleared by Dr. Stephens.
- Frequently move your fingers and wrist to reduce swelling
- Full joint motion and strength are necessary before returning to sports.
- Return to work depends on the type of employment. Desk work can be done in a few days using the non-operative arm. Physical labor jobs may require anywhere from 6-12 weeks before returning to work. Discuss this with Dr. Stephens.

Pain Management

- You will be prescribed pain medication. Take this as needed.
- Many patients do well taking an anti-inflammatory medication, such as Ibuprofen, in addition to their pain medication every 8 hours with food if they have no known contraindications.
- A nerve block is typically used during surgery to help control pain. The injection wears off after 18-24 hours. Begin taking pain medicine as soon as you get home.
- Icing the extremity for 30 minutes every 1-2 hours will help reduce swelling and pain. To avoid overcooling, don't sleep with ice on.
 - You should always have a light towel, dressing, or clothing between the ice and your skin. Surgical swelling peaks around 48 hours after surgery but you may continue to use ice for 1-2 weeks to help with pain control
- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.
- Pain medicine can be constipating. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet

Wound care

- In order to prevent infection, you will be cleaned with a solution in the operating room.
 - Our hospital uses two different solutions: the Betadine solution will leave an orangish discoloration on your skin or the Chloraprep solution will leave a bluish discoloration.
- You currently have a bulky dressing. Some drainage is expected and you may reinforce the dressing with gauze if needed.
- Do not scrub or soak your surgical site.
- Do not apply any medicated ointments to your operative site.

Follow-Up Appointment

- Refer to your appointment card and confirm initial post-operative appointment prior to surgery.
- If you need to change this for any reason, call the office at (614) 890-6555 to reschedule.

Contact the office immediately if you have the following:

- Difficulty breathing or swallowing
 - Fever over 101 F
 - Changes in the color or temperature of your fingers
 - Sudden, severe pain or pain that is not relieved by medication
 - Inability to urinate within 6 hours of leaving the hospital
- For questions regarding BWC and disability paperwork, wounds, medications, and/or activity, contact Dr. Stephens medical secretary at **(614) 839-2150**
 - For after-hours emergencies, contact Dr. Stephens' office at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.
 - Additional information and videos about your diagnosis, surgical procedure, and post-operative care can be found at my website:

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