

Orthopaedic Hand Surgery

Post-Operative Instructions

Medications:

Older Children: If given narcotic medication, please take as prescribed. Unless otherwise specified, this will be Percocet, Vicodin, or Tylenol #3. You may add an NSAID (Motrin, Ibuprofen, Aleve) in between the pain medicine to manage the pain. The goal is to stop taking the narcotic (Percocet, Vicodin, or Tylenol #3) as soon as possible and move towards the NSAID (Motrin, Ibuprofen, Aleve) as soon as possible.

Younger Children: You will receive a prescription for liquid Tylenol with codeine. You can use children's Motrin or Ibuprofen instead. Do not use Tylenol and Tylenol codeine together since the child may receive more Tylenol than the recommended dose. To further manage pain, you may add the NSAID (Motrin or Ibuprofen) between the Tylenol with codeine. Plan to wean off all the Tylenol with codeine in a day or two.

ELEVATION: For control of the swelling, hold your hand so that your thumb is at the level of your nose or above the heart. At night, elevate your hand on a pillow. Slings are not recommended as they keep the hand at the waist.

SHOWERS: Use a garbage bag to keep the hand and splint dry. Keep the fingers pointed at the ceiling with the bag over the splint. Remember, the cleaner and drier the splint stays, the less it will smell and decrease the risk for infection.

APPOINTMENTS: Follow up appointments will be discussed at the preop visit or the day of surgery. Please confirm or change times as needed with Dr. Hattwick after surgery.

PROBLEMS: Should you have difficulties, please feel free to contact CNMC nurses' line at (202)476-5562 or Virginia (571)766-3085. Emergency after hours call CNMC hospital at (202)476-5000 and ask to speak to the orthopedic resident on call.

SPLINT: Do not put powder down the cast or splint. Do not scratch down inside the cast with a coat hanger, etc. Do not remove the padding. If any problems arise, please feel free to call us and we will be happy to assist you.