

DR. SINGER'S POSTOPERATIVE HAND INSTRUCTIONS
Trigger Finger, Carpal Tunnel & DeQuervain's Surgery



BANDAGE CARE & BATHING: Elevate your hand for 24 – 48 hours, keep operative area clean & dry. You can shower but dressing must be water proofed. May remove dressing 3 days after surgery, at that time a shower/ gentle washing is okay, with soap and clean water & pat dry. Can cover incision with band aids. **DO NOT** submerge hand in bath, pool or ocean until doctor advises it is OK. **DO NOT** apply any ointments or hydrogen peroxide on incision site.



SLING: If you have a sling, it is to protect your hand from being injured due to the numbing medication. You may remove the sling after the numbing medication has worn off.

ICE: May use an ice pack to help reduce pain & swelling: 20 minutes every 4 hours over palm for 24 hours.



DIET: No restrictions: Start with clear liquids, plain foods and work your way up to regular diet as tolerated. Avoid greasy, heavy & spicy foods, they can make you nauseous.



DRIVING: DO NOT drive until OFF of prescription pain medicine & can safely use your affected side.



ACTIVITY: Rest today, it is not unusual to feel sleepy or tired for a day or so after your procedure. No strenuous activity.



PAIN MANAGEMENT: Your surgery site was injected with a mixture of long-acting pain medication; this can last for 6 – 8 hours; sometimes up to 24 hours. Start taking your prescription pain medication such as soon as you start to feel increasing pain. We recommend you take a dose before going to sleep the first night, so you do not wake up in the middle of the night with pain. If the prescription does not control your pain, you may take non-prescription pain medicine such as acetaminophen (Tylenol), naproxen (Aleve), ibuprofen (Advil or Motrin) IN ADDITION to the prescribed pain medicine; follow labeled dosing. **DO NOT** drink alcohol, drive or operate machinery while taking prescribed pain meds.



NAUSEA: Anesthesia and pain medication can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these along with your prescription pain medicine to prevent nausea. **CONSTIPATION:** Prescription pain medication can cause constipation. Drink plenty of fluids. You may take over the counter stool softeners such as docusate (Dulcolax) or Senna. Prunes, prune juice or any food that can help move bowels. Take these along with your prescription pain medicine as needed.

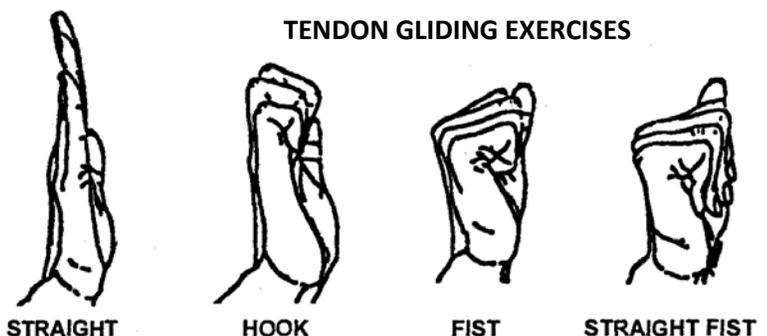
ITCHING OR RASH: If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest. If you get a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.



EXERCISE: I encourage you to fully straighten/ bend your fingers or thumb to avoid stiffness. This exercise program is a very important part of your treatment. There are 3 ways to make a fist:

1. Start with your fingers straight every time
2. Make one type of fist at a time with your fingers
3. Curl your thumb down in your palm as much as possible, and then stretch it out as far as possible
4. Do these exercises: 5 repetitions, 3x daily

Check with Dr. Singer's before starting exercise



DR. SINGER'S POSTOPERATIVE HAND INSTRUCTIONS
Trigger Finger, Carpal Tunnel & DeQuervain's Surgery



When to call:

**Dr. Singer's office @ 521-8109 M-F 8am-4:30pm or
Physicians Exchange after hours @ 808-524-2575.**

1. Fever is above 101.5°F and/or chills. Fever is common after any surgery with general anesthesia and is rarely due to infection.
2. Excessive nausea, vomiting, difficulty breathing, inability to urinate or severe pain unrelieved with medication ordered.
3. Extensive swelling around the operative area, numb, dusky or pale color in color toes or fingers, pus type drainage.



**If you need IMMEDIATE ATTENTION (such as difficulty breathing)
Call 911 or go to the NEAREST EMERGENCY ROOM**



A Registered Nurse from MIS Hawaii will be calling to follow up on your procedure with you after your surgery to answer any post-op questions. The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

Patient or Authorized Person Signature

Date/Time

Nurse Signature

Date/Time

DR. SINGER'S POSTOPERATIVE HAND INSTRUCTIONS

Tendon, Nerve and Fracture Surgery



BANDAGE CARE & BATHING: Elevate your hand for 24 – 48 hours, keep operative area clean & dry. You can shower but dressing must be water proofed. **Keep dressing on until follow up appointment.** **DO NOT** submerge hand in bath, pool or ocean until doctor advises it is OK. **DO NOT** apply any ointments or hydrogen peroxide on incision site.



SLING: If you have a sling, it is to protect your hand from being injured due to the numbing medication. You may remove the sling after the numbing medication has worn off.

ICE: May use an ice pack to help reduce pain & swelling: 20 minutes every 4 hrs over palm for 24 hrs.



DIET: No restrictions: Start with clear liquids, plain foods and work your way up to regular diet as tolerated. Avoid greasy, heavy & spicy foods, they can make you nauseous.



DRIVING: DO NOT drive until OFF of prescription pain medicine & can safely use your affected side.



ACTIVITY: Rest today, it is not unusual to feel sleepy or tired for a day or so after your procedure. No strenuous activity.



PAIN MANAGEMENT: Your surgery site was injected with a mixture of long-acting pain medication; this can last for 6 – 8 hours; sometimes up to 24 hours. Start taking your prescription pain medication such as soon as you start to feel increasing pain. We recommend you take a dose before going to sleep the first night, so you do not wake up in the middle of the night with pain. If the prescription does not control your pain, you may take non-prescription pain medicine such as acetaminophen (Tylenol), naproxen (Aleve), ibuprofen (Advil or Motrin) IN ADDITION to the prescribed pain medicine; follow labeled dosing. **DO NOT** drink alcohol, drive or operate machinery while taking prescribed pain meds.



NAUSEA: Anesthesia and pain medication can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these along with your prescription pain medicine to prevent nausea. **CONSTIPATION:** Prescription pain medication can cause constipation. Drink plenty of fluids. You may take over the counter stool softeners such as docusate (Dulcolax) or Senna. Prunes, prune juice or any food that can help move bowels. Take these along with your prescription pain medicine as needed.

ITCHING OR RASH: If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest. If you get a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.



When to call:

Dr. Singer's office @ 521-8109 M-F 8am-4:30pm or
Physicians Exchange after hours @ 808-524-2575.

1. Fever is above 101.5°F and/or chills. Fever is common after any surgery with general anesthesia and is rarely due to infection.
2. Excessive nausea, vomiting, difficulty breathing, inability to urinate or severe pain unrelieved with medication ordered.
3. Extensive swelling around the operative area, numb, dusky or pale color in color toes or fingers, pus type drainage.

DR. SINGER'S POSTOPERATIVE HAND INSTRUCTIONS

Tendon, Nerve and Fracture Surgery



If you need IMMEDIATE ATTENTION (such as difficulty breathing)
Call 911 or go to the NEAREST EMERGENCY ROOM



A Registered Nurse from MIS Hawaii will be calling to follow up on your procedure with you after your surgery to answer any post-op questions. The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

Patient or Authorized Person Signature

Date/Time

Nurse Signature

Date/Time

DR. SINGER' POSTOPERATIVE INSTRUCTIONS

Rotator Cuff Surgery



BANDAGE CARE & BATHING: If you have a follow up the next day: please leave the ace-wrap or bandage in place. If you DO NOT have a follow up the next day: you may remove the bandage and dressing, however leave the steri-strips on. A lot of bloody, watery drainage is normal. You may shower and lightly clean the wound with soap and water. **DO NOT** submerge in a tub, pool or ocean until cleared by Dr. Singer. After showering apply band-aids over the wound.



SLING: You do not need to wear the sling if it is uncomfortable just do not lift your arm. Although, you may wear it while you sleep. **SCARRING:** Sunlight can cause scars to darken so use sunscreen when the wounds are healing (usually after 2 weeks).



ICE: Ice can help reduce pain and inflammation. Put a light towel over the incision and apply ice packs every 15-20 minutes, 2 to 3 times per day while awake.



DIET: No restrictions: Start with clear liquids, plain foods and work your way up to regular diet as tolerated. Avoid greasy, heavy & spicy foods, they can make you nauseous.



DRIVING: **DO NOT** drive until OFF of prescription pain medicine.



ACTIVITY: Rest today. It is not unusual to feel sleepy or tired for a day or so after your procedure. No strenuous activity. No lifting with the operative arm. Do not raise your arm under your own power. Keep the elbow at your side until you go to therapy. The majority of patients find sleeping in an upright position to be most comfortable.



PAIN MANAGEMENT: You may have been administered a nerve block to reduce post-op pain. This usually produces numbness down the extremity which keeps post-operative pain to a minimum. This block usually last 10 to 12 hours but may last 24 hours or longer. The longer the numbness lasts, the better, so this is not a cause of concern. Start taking your prescribed pain medication such as oxycodone HCl/acetaminophen (Xartemis XR), hydrocodone/acetaminophen (Vicodin), codeine/acetaminophen (Tylenol with Codeine #3), or oxycodone/acetaminophen (Percocet) as soon as you start to feel increasing pain. We recommend you take a dose prior to going to sleep the first night so you do not wake up in the middle of the night with pain. Follow the labeled instruction on your prescription. If the prescription does not control your discomfort, you may take non-prescription pain medicine such as acetaminophen (Tylenol), naproxen (Aleve), ibuprofen (Advil or Motrin) in addition to the prescribed pain medicine. Do NOT drink alcohol, drive or operate machinery while taking prescribed pain meds.



NAUSEA: Anesthesia and pain medication can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these along with your prescription pain medicine to prevent nausea. **CONSTIPATION:** Prescription pain medication can cause constipation. Drink plenty of fluids. You may take over the counter stool softeners such as docusate (Dulcolax) or Senna. Prunes, prune juice or any food that can help move bowels. Take these along with your prescription pain medicine as needed.

ITCHING OR RASH: If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest. If you get a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.

DR. SINGER' POSTOPERATIVE INSTRUCTIONS

Rotator Cuff Surgery



When to call:

Dr. Singers office @ 521-8109 M-F 8am-4:30pm or
Physicians Exchange after hours @ 808-524-2575.

1. Fever is above 101.5°F and/or chills. Fever is common after any surgery with general anesthesia and is rarely due to infection.
2. Excessive nausea, vomiting, difficulty breathing, inability to urinate or severe pain unrelieved with medication ordered.
3. Extensive swelling around the operative area, numb, dusky or pale color in toes, or pus type drainage.



If you need IMMEDIATE ATTENTION (such as difficulty breathing)
Call 911 or go to the NEAREST EMERGENCY ROOM



A Registered Nurse from MIS Hawaii will be calling to follow up on your procedure with you after your surgery to answer any post-op questions. The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

Patient or Authorized Person Signature

Date/Time

Nurse Signature

Date/Time

DR. SINGER'S POSTOPERATIVE INSTRUCTIONS

Shoulder Manipulation

ACTIVITY: You may apply a **WARM HEAT** pack to your joint for 5 minutes then **STRETCH** your joint slow and firm in each direction as far as it can go with moderate pain and hold for 5 seconds and repeat 5 times every hour while awake. No strenuous activity.



SLING: The sling is provided to protect your arm and hand from being injured. You may remove the sling after the numbing medication has worn off unless otherwise instructed by Dr. Singer.



ICE: Using ice can help pain but also makes joints feel stiff. If you choose use ice for pain, use immediately AFTER stretching and NOT before stretching. Apply a sealed ice bag over a light towel for 20 minutes and repeat every 2 hour as needed while awake.



to

DIET: No restrictions: Start with clear liquids, plain foods and work your way up to regular diet as tolerated. Avoid greasy, heavy & spicy foods, they can make you nauseous.



DRIVING: **DO NOT** drive until OFF of prescription pain medicine



PAIN MANAGEMENT: You may have been administered a nerve block to reduce post-op pain. This usually produces numbness down the extremity which keeps post-operative pain to a minimum. This block usually last 10 to 12 hours but may last 24 hours or longer. The longer the numbness lasts, the better, so this is not a cause of concern. Start taking your prescribed pain medication such as oxycodone HCl/acetaminophen (Xartemis XR), hydrocodone/acetaminophen (Vicodin), codeine/acetaminophen (Tylenol with Codeine #3), or oxycodone/acetaminophen (Percocet) as soon as you start to feel increasing pain. We recommend you take a dose prior to going to sleep the first night so you do not wake up in the middle of the night with pain. Follow the labeled instructions on your prescription. If the prescription does not control your discomfort, you may take non-prescription pain medicine such as acetaminophen (Tylenol), naproxen (Aleve), ibuprofen (Advil or Motrin) in addition to the prescribed pain medicine. Do NOT drink alcohol, drive or operate machinery while taking prescribed pain meds.



NAUSEA: Anesthesia and pain medication can cause nausea. You may be given promethazine (Phenergan) or ondansetron (Zofran) for nausea. Take these along with your prescription pain medicine to prevent nausea. **CONSTIPATION:** Prescription pain medication can cause constipation. Drink plenty of fluids. You may take over the counter stool softeners such as docusate (Dulcolax) or Senna. Prunes, prune juice or any food that can help move bowels. Take these along with your prescription pain medicine as needed.

ITCHING OR RASH: If you get MILD itching or rash, take non-prescription allergy medicine such as Benadryl, Claritin, or Allerest. If you get a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.

DR. SINGER'S POSTOPERATIVE INSTRUCTIONS

Shoulder Manipulation



When to call:

Dr. Singer's office @ 521-8109 or M-F 8am-4:30pm or
Physicians Exchange after hours @ 808-524-2575.

1. Fever is above 101.5°F and/or chills. Fever is common after any surgery with general anesthesia and is rarely due to infection.
2. Excessive nausea, vomiting, difficulty breathing, inability to urinate or severe pain unrelieved with medication ordered.
3. Extensive swelling around the operative area, numb, dusky or pale color in toes, or pus type drainage.



**If you need IMMEDIATE ATTENTION (such as difficulty breathing)
Call 911 or go to the NEAREST EMERGENCY ROOM**



A Registered Nurse from MIS Hawaii will be calling to follow up on your procedure with you after your surgery to answer any post-op questions. The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

Patient or Authorized Person Signature

Date/Time

Nurse Signature

Date/Time