

Dr. Chen's Discharge Instructions: **UPPER EXTREMITY**



After Anesthesia: Rest today, it is not unusual to feel sleepy or tired for a day or so after your surgery. No strenuous activity. You may feel a sore or "scratchy" throat after general anesthesia. This will go away in a day or two. A low-grade fever is common after any surgery with general anesthesia and is rarely due to infection. Resume taking all other prescription medication, unless your doctor instructs you otherwise. Resume eating normally. Start with gentle, soft foods; avoid greasy or spicy foods which may cause nausea.



Dressing and Wound Care: DO NOT apply any ointments or hydrogen peroxide to incision. If your dressing becomes too tight, please call Dr. Chen's office. No pools, hot tubs, or ocean for a few weeks after surgery and your wounds are completely healed and your doctor tells you it's OK

- ☐ Keep dressing/bandages clean and dry, **DO NOT** remove until your next appointment. Sponge bathe or cover with a plastic bag to shower.
- ☐ Okay to remove outer dressing and shower with soap and water in ____ days. Leave steri-strips (small white stickers) in place. Pat to dry and apply Band-Aids over incisions.



Medical Equipment: ☐ Sling ☐ None ☐ _____

- ☐ Wear sling until nerve block wears off (usually 12-24 hours).
- ☐ Wear sling when up and moving, but okay to remove the sling sitting or sleeping.
- ☐ Wear sling at all times until follow up appointment. Remove only to carefully dress and shower.
- ☐ _____



Activity: Your surgeon will give you specific instructions on when it is okay for you to resume various movements, activities, work, sports, driving, etc.

- ☐ Hand and Wrist: Keep hand elevated at all times, hand higher than elbow. This will keep the swelling down and be less painful. If you use a sling, do not allow the hand to hang for long periods of time below your elbow. You should remove your arm from the sling several times daily to work on moving your elbow and shoulder.
- ☐ Elbow: Keep elbow elevated above the level of your heart as much as possible. Unless otherwise told, you should move your fingers and thumb as much as possible. Remove your arm from the sling several times a day to work on moving your shoulder.
- ☐ Shoulder: Keep your shoulder **elevated**. Do not lay flat to sleep. Keep head/shoulders propped up on pillows, or rest upright in a recliner chair.
- ☐ _____



Pain: Don't wait until your pain is severe before taking pain medicine. Follow instructions on the label and use as directed.



DO NOT drink alcohol or use marijuana when taking prescribed opioid pain medications.
DO NOT drive until you are OFF prescription opioid pain medications.

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Nausea / Constipation: Anesthesia and pain medications can cause nausea and/or constipation. Take prescription pain medicine with food to reduce nausea. You may be given a prescription for ondansetron (Zofran) to take for nausea, if needed. If you develop constipation, try to discontinue opioid medications (e.g. Tramadol, Oxycodone, Percocet, etc.) as able and take over the counter stool softeners (e.g. Senna, Dulcolax, Miralax, etc.) with plenty of fluids and high fiber foods.



Itching / Rash: If you develop MILD itching or rash, take over-the-counter allergy medicine such as Benadryl, Claritin, or Allerest. If you have a SEVERE reaction or have any difficulty breathing, call 911 or immediately go to the nearest emergency facility.



Call the Doctor's Office if you have any of the following:

- Fever is above 101.5°F and/or chills.
- A fall with injury
- Nausea or throwing up to where you can't keep food/ liquids/ medication down.
- Unable to pee or "shi-shi" for 24 hours.
- A lot of pain, even with medication.
- A lot of swelling around the surgery site, persistent numbness, dark or pale color in fingers.
- Pus type drainage, or excessive bleeding through the dressing.
- Leg/calf pain, swelling, redness or tenderness.



Dr. Chen's Office @ 808-744-3360 Tue, Wed, Fri 9am-5pm; Mon & Thu 8am-12pm
Doctors of Waikiki after hours @ 808-922-2112



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

Follow Up: A nurse from MIS Hawaii will be giving you a post-operative follow-up call within a few days. If you have additional questions, please call your doctor listed above.



Your follow up appointment is scheduled for:

As scheduled, if you have not made one, please call 744-3360



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

Nurse Signature

Date/Time