

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



If you received anesthesia or sedation: 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 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 remove dressing/bandage until your next appointment.

Keep it clean and dry. Sponge bathe or cover with a plastic bag to shower. DO NOT apply any ointments or hydrogen peroxide. DO NOT submerge hand in bath, pool or ocean until your doctor says it is OK.

Scarring: Sunlight can cause scars to darken so cover and/or use sunscreen when the wounds are healing (usually after 2 weeks).

Medical Equipment: If you received a sling, wear it until numbing medication wears off (usually 12-24 hours).



Activity: Keep your hand/arm elevated, above heart level for 24-28 hours. Dr. Singer will give you specific instructions when it is okay for you to resume various movements, activities, work, sports, etc

Driving: You may resume driving when you are off prescription pain medicine and you can safely use your post-operative arm.



Ice: Can help reduce pain and swelling. Apply a light towel over skin to keep the area dry and prevent skin burns. Apply ice for 20 minutes at a time, every 4 hours.



Pain: Your surgery site was injected with a mixture of long-acting pain medication, which 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 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.



Nausea / Constipation: Anesthesia and opioid 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.

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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.
- 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. Singer's office @ 808-521-8109 M-F 8am-4:30pm

After office hours call the 24/7 Physicians Exchange hotline @ 808-524-2575



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:



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

Dr. Singer's Discharge Instructions: Trigger Finger, Carpal Tunnel & DeQuervain's



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Dressing and Wound Care: You can shower today, just remove ACE wrap and wash gently with soap and water, pat dry. Rewrap ACE wrap after showering. Your incision is covered with SurgiSeal, a glue like substance that is water resistant. DO NOT apply any ointments or hydrogen peroxide on incision site. DO NOT submerge hand in bath, pool or ocean until Dr. Singer says it is OK.

Scarring: Sunlight can cause scars to darken so cover and/or use sunscreen when the wounds are healing (usually after 2 weeks).

Medical Equipment: If you received a sling, wear it until nerve block wears off (usually 12-24 hrs).

Activity: Keep your hand/arm elevated, above heart level for 24-28 hours.

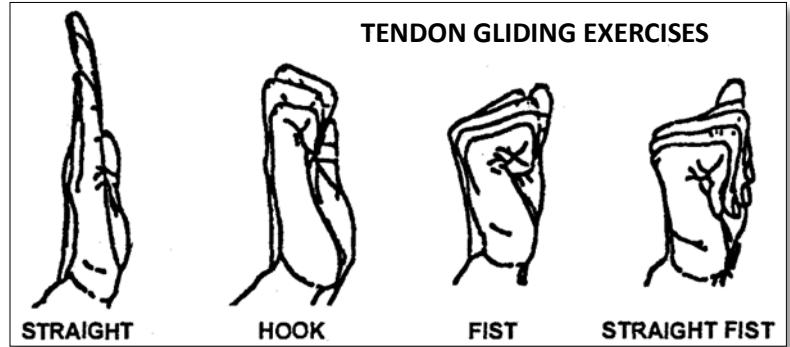


Exercises: Dr. Singer will tell you when it is okay to begin the following exercise program:

Fully straighten and bend your fingers or thumb to avoid stiffness. This exercise program is a very important part of your treatment. Do these exercises: 5 repetitions, 3x daily.

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



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