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## **After Surgery**

### **Instructions after Interpositional Arthroplasty**

**General Information:** At the time of your surgery a nerve block is placed by the anesthesiologist, your shoulder, and arm will be numb. Also you will not be able to move your hand and elbow. This will wear off between 6 and 24 hours after surgery. It is also common to have an elevated temperature the first 24-48 hours after surgery, it is recommended that Tylenol be taken and that you cough and take deep breaths every hour to expand your lungs.

- Pain Management** Take the prescribed pain medication for pain. Follow the direction on the package. If there are any question regarding the pain medication, please call our office. If you wish, you may take over-the-counter pain medication such as acetaminophen (Tylenol), ibuprofen (Advil, Nuprin, or Motrin), naproxen (Aleve) instead. It is recommended to take pain medication with food.
- Icing and Elevation** To decrease swelling, it is helpful to elevate your hand above your heart and apply an ice pack to your palm for the first 24 hours. You may use a sling if you wish for the first 24 hours after surgery, but remember a sling will typically keep your hand below your heart.
- Dressings** Keep the dressing clean and dry. If the Ace bandage feels tight, unwrap the Ace bandage and rewrap it so it feels comfortable. Do not change the dressing or apply bacitracin to the wound unless specifically instructed.
- Activities** You are encouraged to move your exposed fingers actively at least 5 times a day to decrease stiffness in your fingers
- Follow-Up** You should have a follow-up appointment for approximately 10 days after surgery. If you do not have a follow-up appointment, please call the office to arrange one.

If something seems wrong or out of the ordinary please contact the office at 925-355-7350