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## **After Surgery Instructions after Wrist Arthroscopy**

**General Information:** During surgery a local anesthetic was injected into your wrist, so after surgery your finger may be numb from 4 to 48 hours.

- 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. Do not change the dressing, remove the splint, or apply bacitracin to the wound unless specifically instructed.
- Activities** The day following surgery, you may perform light activities with the hand including using eating utensils, light writing or occasional keyboarding. If your hand is comfortable, you may drive. Do not lift anything weighing greater than 12 ounces. Do not perform strenuous pinching, pulling, or grasping, yard work or vacuuming the first 10 days following surgery. You are encouraged to move your exposed fingers as soon as it is comfortable so that they do not become stiff.
- 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