

**POST-OP INSTRUCTIONS FOR DR. GEORGE RICHARDSON**

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1. No driving for 24 hours or while taking pain medications.
2. Keep affected area extremity elevated as much as possible until your post op visit.
3. Ice pack on affected area for the first 24 – 48 hours and as often as you have swelling in the days thereafter, until your post op visit.
4. Keep your dressing or cast clean and dry.
5. DO NOT remove your dressing, splint, or cast.
6. If your fingers or toes become discolored, tingling, or if you feel your elastic ace wrap it too tight, you may undo the Velcro wrap and loosen it. DO NOT remove any cotton dressing.
7. Make your follow up appointment with Dr. Richardson’s office within the time frame given by your post op nurse.

**USUAL AMOUNT OF DAYS FOR FOLLOW UP APPOINTMENTS:**

CARPAL TUNNEL RELEASE: 2 WEEKS

ARTHROPLASTY: 2 WEEKS

SHOULDER SURGERY: 2 WEEKS

AMPUTATION, NERVE, OR TENDON REPAIR: DETERMINED BY DR. RICHARDSON

**I HAVE READ AND FULLY UNDERSTAND THESE INSTRUCTIONS**

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Patient/Responsible Part

\_\_\_\_\_  
Nurse

\_\_\_\_\_  
Date