

DR. GEORGE RICHARDSON
POST-OPERATIVE HAND CARE INSTRUCTIONS

THE FOLLOWING INSTRUCTIONS SHOULD BE FOLLOWED CAREFULLY:

1. No driving for 24 hours or while taking narcotics
2. Elevate the involved extremity on pillows as much as possible until your post op appointment.
3. Wear your sling as much as possible until your post op appointment, particularly when you are out of the home.
4. At least 5 times a day, raise the involved hand high above your head to prevent shoulder stiffness while in your sling.
5. Do not be alarmed with swelling or discoloration. This is normal. However, if you are one week post op and experience swelling or discoloration for 4-5 consecutive days without it decreasing in any way, please contact us.
6. If the dressing is uncomfortable or tight, you may loosen the outer Velcro ace wrap to your comfort. Please DO NOT remove any cotton dressing.
7. Keep your dressing clean and dry. DO NOT remove any dressing unless instructed by the office to do so.
8. Take you pain medication as directed.
9. Notify Dr. Richardson for any fever above 101 degrees, signs of infections, or pain unrelieved by medication.
10. Follow up with Dr. Richardson in the instructed time period.
11. Call 979-774-0411 to schedule your post op appointment.

I HAVE READ AND FULLY UNDERSTAND THE PATIENT INSTRUCTIONS

Patient/Responsible Party

Date

Nurse