



Mammoth Orthopedic  
Institute

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Mammoth Orthopedic Institute • 85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.924.4084

## POST-OPERATIVE INSTRUCTIONS: WRIST ARTHROSCOPY

### BRACE/ DRESSING

- Please leave your post-op dressing in place until your initial post-op visit in orthopedics. You will be transitioned to a cock-up wrist brace in approximately 3-4 days.
- Once the initial dressing is removed, cover the incisions with gauze or band-aids.
- Utilize the brace at all times, aside from exercises and for hygiene.

### ACTIVITY

- Please avoid lifting or grasping with your surgical hand until your sutures are removed in 10-14 days.
- You may bend and straighten your fingers in the splint at least 10 times per day within your comfort to decrease swelling and prevent stiffness.
- You may move your shoulder (raise it overhead) and elbow (bend and straighten) within your comfort to decrease swelling and prevent stiffness.

### PAIN & INFLAMMATION CONTROL

- **Elevation** - You may notice that your fingers will get swollen if your arm is hanging by your side for long periods of time, therefore keep your arm **elevated above your heart** as much as possible for the first 2 to 3 days.
- **Ice** - You may use an ice pack for up to 20 minutes at a time over the surgical dressing to help reduce swelling in your hand. Place a thin cloth between the ice pack and your skin or dressing to protect your skin.

### MEDICATIONS

- Norco/ Percocet are short-acting opiate pain medications. You may take 1 tablet every 4-6 hours.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. Please call the clinic if you are experiencing trouble with any of these symptoms. Take stool softeners as instructed over the counter if needed.
- Do not drive a car or operate machinery while taking narcotic pain medications.
- If you think you will require a refill on your medication, please contact us during our regular **weekday** office hours and allow us 24-48 hours.

### EMERGENCIES

- Please have someone care for you at least 24-48 hours after the surgery.
- A small amount of red-tinged drainage on your dressings can be normal. If the drainage soaks your dressings, continues to expand, is foul-smelling, or your incisions are very red please call the office.
- If you develop a fever ( $>101.5^{\circ}$ ) or chills please call the office.
- If you experience leg or calf pain, excessive extremity swelling, chest pain or difficulty breathing please call the clinic, or after hours go to the emergency room.

### FOLLOW-UP CARE

- Please schedule a nursing visit in Ortho 3-4 days after surgery. We will check your incision and place you in a removable brace.
- Schedule a post-op Ortho visit for 10-14 days after surgery to have your sutures removed.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.**