

## Hand Surgery – Patient Information

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# RUSSELL M. LAFRANCE MD

Orthopedic Surgeon & Sports Medicine

### **ACTIVITY:**

- You should flex and extend your wrist and elbow as several times throughout the day.
- Three times a day touch your thumb to all of your finger tips.
- Do not lift heavy objects with your operative arm until you are seen in follow up.

### **DIET:**

- Start with liquids and advance your diet as tolerated.

### **Medication:**

- Take the prescription pain medicine (Norco/Vicodin/Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Ibuprofen or Advil can be taken in addition to the narcotic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

### **DRESSING:**

- Keep your dressing clean and dry. Do not remove this until you are seen in the office.

### **SPECIAL INSTRUCTIONS:**

- Once you are off pain medications and have full strength and motion of your wrist, then you may drive.

### **YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:**

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your fingers or severe tightness of bandage

### **FOLLOW-UP CARE:**

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- Your postoperative appointment 7-10 days after surgery will have been made for you when surgery was set up.